Riding Horses

Arabian Riding

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The Arabian way of Riding Horses

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This book is about Horseback Riding, the Arabian way of Riding Horses, My method of Riding Horses and my Opinions with some Facts about Horsemanship i hope you like it and find it useful.

An introduction about the Arabian way or style of riding horses:

Riding horses is a very big world with many different styles or methods of riding horses and dealing with them, some are good, some are bad, some are right and some are wrong but in this book I want to talk about the real Arabian way of riding horses, what is it,

where was it and where is it now, then I will try to talk about my way of riding horses and dealing with them with some facts and proofs and some opinions.

What is the Arabian way ?

It is the old Arabian style of riding horses especially before Islam and at the beginning of it in the Arabian Peninsula before the Arabs were influenced

by other civilizations and influenced them after the Arabian Islamic conquests which led to many changes in the Arabian style of riding horses just like it happened in other stuff too such as the language, the accent, the clothing, the weapons, the way of life and many other things , so it was a style that came from riding horses in the battlefield

which meant they needed total control on the horse both speed & direction otherwise they will end up dead or lose the battle and yes many other nations used horses for war too but Arabians used the horse in war , hunting and racing that’s it nothing else, which meant that they used other animals like camels , mules and donkeys to do other

stuff like traveling , transporting , and carrying stuff , unlike many other countries who used the horse for so many reasons including war that is why their horses were heavier and slower and less effective than Arabian horses in the battlefield even though they were much stronger when it comes for size and muscle

but that’s just effective when it is a fully straight cavalry charge on the enemy where the horses will just gallop straight forward at the enemy and run through their lines just like the Romans , Persians and Crusaders used to do but when your army is outnumbered or the battle is uneven the light fast Arabian horses were much

better and that is what happened in the Islamic invasions on the Persians, Romans, Africans and on Spain where the light fast Arabian cavalry was superior to the enemies cavalry which led to huge victories even when they were outnumbered and inside the enemies territory and that fast light Arabian style of riding was born in

the desert of the Arabian peninsula before Islam when Arabian tribes used to battle each other for land, water and pasture and that made the cavalry attack very important in the battles between tribes because the result of the battle depends on the knights and their horses more than the rest so their way of fighting on

horseback was what we call KAR WA FAR which means engage and disengage or attack and retreat where the knights will attack the enemy and do some damage then retreat and attack another side of the army and do the same thing again then repeat until they get what they want which is forcing the enemies cavalry to leave the battle and that

means winning it for sure and that style needed talented riders , light fast horses , brave warriors and big open battlefields in the open desert and that is exactly what happened in the period before Islam between the Arabian tribes then the Arabians used it again after Islam when they fought other nations and it really worked in a very clear

way that made a lot of nations use it like the Barbs in north & west Africa and the Spanish people but like I said in the beginning after the Arabians took over these countries their style changed with time because they effected but also got effected by the other styles of riding around the world and that's why when I say ARABIAN RIDING I usually

mean the way of riding that Arabians used before and in the beginning of Islam cause it was more pure, focused, fast, light and more effective which meant more control over the horse and more trust between the horse and his rider and these are the most important things in horsemanship TRUST & CONTROL and that style in

my opinion was one of the if not the best style that totally controlled the horse by gaining his trust instead of just using strength & force to control him.

Where was it :

As I said before in the Arabian peninsula before & in the beginning of Islam then after that it spread in many countries that the Arabians took after the Islamic invasions.

Where is it now :

It almost disappeared in my opinion after the weapons changed and people started using guns in battlefields so the entire style of riding in the battlefields had to change and there was no point in trying to use the same style of KAR WA FAR that I talked about previously and Arabians started to

ride the horse in a direct straight attack at the enemy while shooting at them and when they engage they start using spears & swords which meant that the level of control over the horse changed a lot and became much less so the way of riding changed, then after wars ended people started riding horses in easy things like pleasure riding ,racing and jumping which ended the old Arabian way completely because it isn't as hard as controlling horses in the battlefields in the past so the talent is still there but the source that used to unleash the talent and force it to come out disappeared

and was replaced with a source that doesn't actually do that but it does the complete opposite and burry the talent of the rider and that's why you see most Arabians these days ride in a wrong bad way of riding regardless of the talent they have inside after they were the best or one of the best people who ever rode horses in the past and that's my opinion about the Arabian riding IT WAS ONE OF THE BEST AND NOW IT ALMOST DOESN'T EXIST .

Quick point :

Some people might actually say that some other ways of riding in other Countries faced the same thing but

they are still considered correct ways of riding ! Why is that ?

Will it is very simple in my opinion , number one the source of the way of riding didn't disappear because as I said before most western ways of riding in the past were not strictly connected to riding the horse in battle because the horse was used in many other things unlike the Arabians who used other animals for that and saved their horses for war so the main source of the correct western ways of riding in Europe was not riding in battle so after people stopped riding horses

in wars the way of riding didn’t disappear because the main source of the way still exists , for example the Spanish way of riding came from bullfighting which still exist today and the dressage came from old ways of riding from horse masters in Europe and these ways still exist in books today and the current western style came from riding horses with the cattle and that still exist today so the main source didn’t disappear which kept the ways of riding and even developed them unlike what happened to the old Arabian way , number two is the books written

about horseback riding because Arabians depended on talent more than learning from others while in the west they wrote a lot that’s why you see a lot of western riders who have old books that speak about the old western ways of riding in a very clear way while it is almost impossible to find a riding book made by an Arabian knight in the past , so yes the same thing happened to other ways of riding but they didn’t change as much as the Arabian way because of what I just said that’s why most of the good correct ways of riding in these days are western not eastern even

though some of them go back to the old Arabian way of riding like the western style for example which was taken from the Mexicans who took it from the Spanish who took a lot of stuff about horsemanship from the Arabs & Barbs who were in Spain for a very long time and that’s a historical fact that you can search for by yourself if you want .

The current Arabian way of riding :

In these days the Arabian way or style has 3 types in my opinion THE WRONG BAD RIDING which is seen a lot where the rider just rides randomly without having a clear correct style or method of riding COPYING OR IMITATING SOME OF THE WESTERN WAYS OF RIDING which is good but most people who do that don't actually understand what they are doing they just do it and that means it is a cheap version of the original way and most of them deny that and pretend like it is their own Arabian way which is not true at all, the third and last type is

THE REAL ARABIAN RIDING which is the method am going to talk about in this book even though it is very rarely used but it is the closest way of riding to the old Arabian style I talked about in the beginning of the book which is controlling the horse by gaining his trust to a point that you can control him in the hardest situations no matter what like spooking , first rides ,fixing problems and total control on the horses speed & direction , so if the old Arabian way controlled the horse in the battlefield and it doesn't exist as a way of riding currently then the ways of riding

that control the horse more than the rest are closer to the Arabian way of riding than all the other ways of riding and when I say control more I mean in real situations where the horse totally disagrees with you cause he wants the complete opposite of what you want but you are still able to control him because he trusts you enough and this is what was going on in the battlefield in the past cause the rider controls the horse between spears , arrows and swords that will spook him hurt him and even could kill him but the rider is still able to totally control him in that very hard

situation and you cannot compare that level of control to the current Arabian ways of riding or even the western ones cause even the very good methods now days will not be able to control the horse if he really spooks so a way of riding that loses control over a horse who spooks from his own shadow or from a sack on the ground isn't good enough to be compared to a way of riding that can control a horse who is being attacked with spears & swords it is just that simple , so the more you control the horse bareback , when he spooks , around other stallions & mares , in front, behind and next to

other horses , when you ride him for the first time , when you fix problems and many other stuff the closer you get to the real old Arabian way of riding in my opinion that’s why I always say that the best riders of us are as good as the worst riders from the knights in the past.

My way of riding :

It is a natural style that anyone who rides alone especially bareback and tries to control the horse without any help from anyone or anything will end up discovering it and doing it with time and experience and that's exactly what happened in my case (riding bareback , Arabian horses, fixing problems , leading , long rides ,switching between different horses and not using tools like the whip or spurs or martingales) were the real sources of my way of riding especially breaking (starting) young horses bareback when I was also young

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because I broke my first horse when I was about 14 or 15 and it was bareback no martingale no whip no spurs and no lunging , just me , the horse and a rope & bridle which is very hard and even dangerous and that was the real source of my way of riding learn fast or you will fall, control the horse or you will fall, the horse must trust you enough to let you control him or you will fall and that forces you to develop and learn quickly unlike other ways of riding that depend a lot on the equipment & tools more than the talent & skills especially when they break a horse they depend a lot on lunging to

make him really tired and on the martingale to force him to bend his neck and on the whip to move him easily and on the spurs to direct him easily and more importantly on the saddle to keep their balance on his back and all that buries the talent instead of unleashing it and forcing it to come out just like you see in most riding schools these days he is refusing to move whip him he is trying to rear up use a tight martingale he is refusing to give me a tight turn kick him with the spurs he is trying to bolt give him more lunging !!! all that will actually ruin the rider instead of developing him

cause it is just like covering a crack you see in the wall instead of fixing it by knowing how & why it happened so your burying the talent instead of helping it to come out that's why most beginners these days are not developing as much and as fast as they should while in the past they used to develop fast cause they used to ride more naturally in much harder situations and they didn't depend a lot on the saddle to keep their balance on the horse that's why you see most of the good ways of riding throughout history using bareback riding as a way to develop their

riding styles & skills especially young beginners , Greeks & Romans rode with saddles that had no stirrups , Arabians used to ride bareback whenever they had to in battlefields, in world war 1 most armies used to force soldiers to ride bareback if their balance on the saddle isn't good enough, in the French & Spanish riding school they ride without stirrups a lot especially with young green horses or beginner riders , in the western style they ride bareback at a young age or join the rodeo and that teaches them the natural balance at a young age , the red Indians rode

bareback a lot too and many other examples can be found throughout history if you searched for it and the point I want to make here is that learning the natural balance on the horse is very important regardless of how you learn it cause there are lots of ways to do that , like bareback, saddle without stirrups ,hot blood horses , breaking or starting young colts , dealing with horses who have problems caused by people and all these things will force you to develop much more and much faster and will unleash your talent and people these days will rarely do that especially

Arabians and that's why they don't represent the real old Arabian way anymore but in my way of riding the goal is the source of the way which is in this case breaking or starting young horses and fixing horse problems that are caused by people which means you are going to deal with a horse in disagreement cause what he wants is completely different then what you want and your job is to convince him to do what you want which is total control that comes from real trust which will lead to true & real love and a bond between you and the horse and achieving that bareback

without a martingale or spurs or a whip is very hard which is what I call a weapon with to sharp ends and that means it is a bad thing that can become a good thing if you take advantage of it cause it is bad because it is hard and dangerous but it can become good cause it will force you to develop and unleash your inner talent , now as I said before it is not something that you must do to become better in horsemanship but it will develop you in a much faster way very clearly and that's what I did & what I would recommend if I was asked about it , it is like learning how to

drive manual gear cars because any one who learns that would be able to drive automatic cars easily but if you learn on automatic gear first you wouldn't be able to drive manual if you had to, the same goes for horses if you learn bareback without a whip or a martingale or spurs or even lunging and you are still able to totally control the horse then you would easily control him even more if you started using these equipment & tools it is just that simple so IT IS NOT A MUST DO THING IT IS A YOU BETTER DO THING if that makes any sense , so I want total control & real trust.

Blame or complement the rider not the horse or the tools :

As I said before the real reason for bad results or good results with the horse is always the rider not the horse or the tools like the bit or the spurs and the proof is very simple same horse same equipment same situation different riders different results which means the reason for the change in the result is the rider because the rest is the same with both riders it is the same horse so the horse isn't the reason and it is the same bit so the bit isn't the reason and the only thing that changed was the rider and that

changed the entire result which means that if i am riding a horse and he has a bad behavior then he is doing it or he had it because if me because if a better rider rides him in a better way he will become a better horse and the bad behavior or problem will disappear with time and the opposite is the same if I ride a horse in a correct way for a long time and he is doing very well with me then a bad rider rides him for a long time he will ruin the horse with time and he will start learning bad habits & behave badly and that is a fact that everyone can see but not everyone would admit because it

will expose bad riders and anyone who denies it is not being honest with you or simply knows nothing about horses cause you cannot deny or argue about a visual fact that everybody can see so it goes like this you cannot control that horse more than us he is a bad horse and when you do they start saying it is the bit for example so you ride him with their own bit and still control him so what are they going to say now ? it isn't the horse and you proved that , it isn't the bit and you proved that it is the rider or the way of riding and you proved that, end of story , it is that simple

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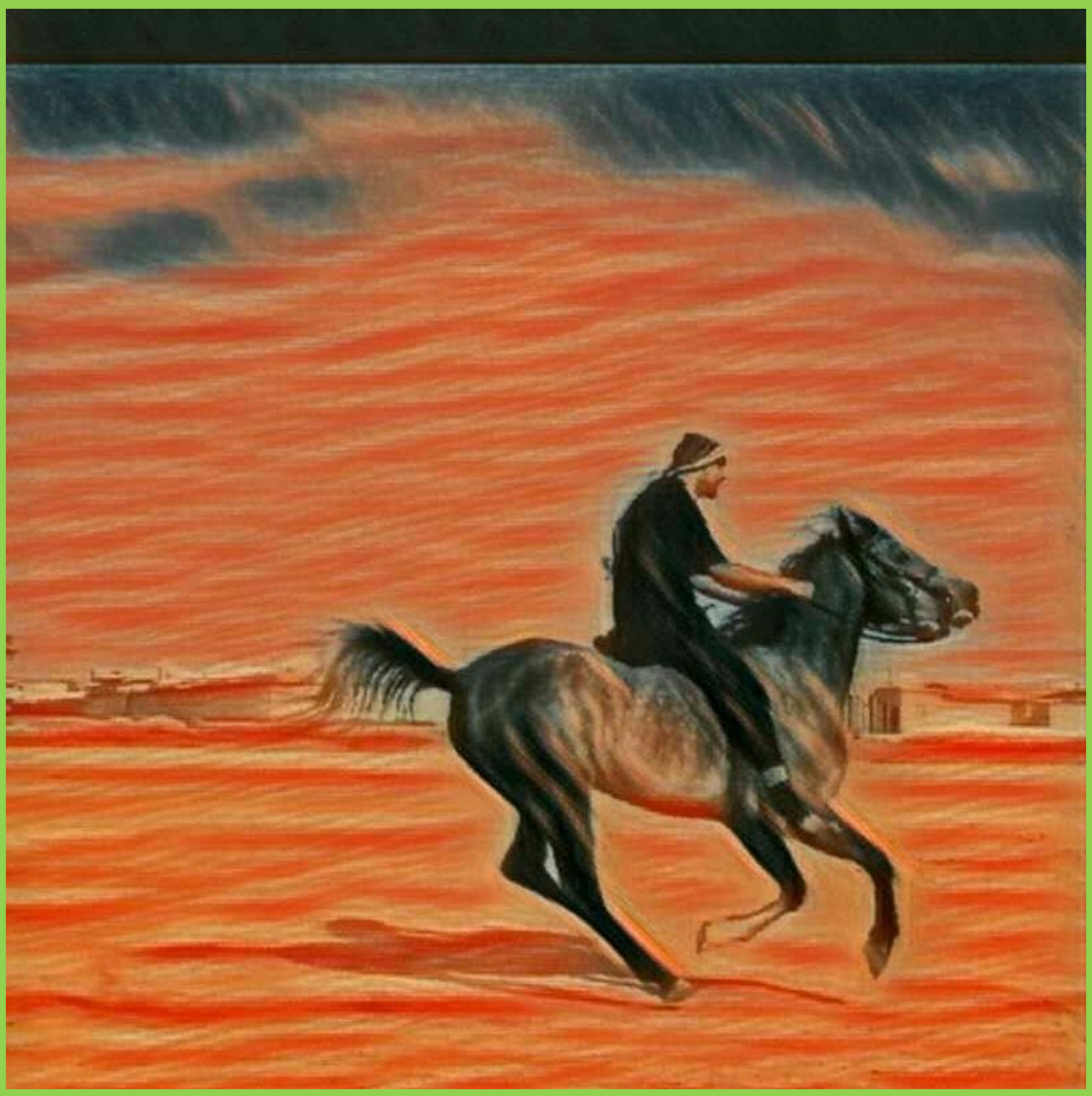

That’s my goal, in the picture above , control the horse, his speed & his direction , Bareback , loose legs ,no martingale or spurs or a whip.

It is always us not the horse :

As I said before the blame is always on us not on the horse in every single problem we face with the horse while dealing with him in the paddock , leading him and riding him , now as I said before some horses are different than others so the bloodline & and the personality of the horse might have some effects on his behavior but the main reason for the problem remains us like I said and proved with clear examples before and when you truly believe and understand this idea you will be on the right track of solving the problem because it is

caused by you and if you start riding him and dealing with him in a different way the problem will disappear with time because the reason that made it happen is gone which means that there is no reason for it anymore and a lot of ways of riding these days hate or dislike some breeds of horses just because their way of riding doesn’t actually control them enough so they will face some problems and instead of fixing them by developing their way of riding they will just blame it on the horse and say he is stupid , hot , strong , evil , bad , wild and many other nonsense and all that isn’t

true and even if it is true it is not an excuse because if you deal , lead and ride the horse in a correct way all these things will disappear with time or at least they won't give you any problems cause the horse will not use them against you , it is like saying you have the right to be yourself but don’t use that against me so as long as am controlling you by gaining your trust I don’t care about changing your character or personality , if it is a hot Arabian horse he has the right to be hot and energetic but inside the control zone , if it is a cold blood horse he has the right to be calm and cool as

long as it is under control , so it goes like this IF HE IS A HOT HORSE BUT UNDER CONTROL THEN IT IS A GOOD THING NOT A BAD THING , IF HE IS A HOT HORSE OUT OF CONTROL THEN IT IS A BAD THING NOT A GOOD THING & IF HE IS A COLD HORSE BUT UNDER CONTROL THEN IT IS A GOOD THING NOT A BAD THING , IF HE IS A COLD HORSE OUT OF CONTROL THEN IT IS A BAD THING NOT A GOOD THING and mark my words if he is out of control it is because of the rider not the horse and that's a fact so I never blame the problem on the horse regardless of his bloodline-character

Hot & Cold Horses :

As I said previously being a hot or cold horse isn't a bad thing as long as it is under control but there are many ways of riding today and each way has its own preference when it comes for the type of the horse , both his bloodline & character are involved in this, some like the horse to be calm & cool like the western style for example and some want him to be hot and energetic like the Spanish style in bullfighting for example but as I said before it has to be inside the control zone otherwise it isn't a good thing so you cannot compare a horse who is

very calm and relaxed but you can easily move him to any speed whenever you want to a horse who is being lazy & sleepy to a point that you cannot move him faster whenever you want even though they are both cold or cool but there is a big difference in the level of control which is the most important thing not the temperament itself and the exact same thing goes for the hot energetic horse you cannot compare him to a bolting confused bucking horse who is completely out of control , so how much control you have over the horse decides if it is good or bad to be

cold or hot and as I said before the blame is always on us when things don't go as planned so the horse is always completely innocent in my book that's the way I see it , now as I said before in my previous book Desert Bred Arabians there are 3 main types of bloodlines when it comes to horses (hot blood – cold blood and warm blood) but that has nothing to do with the horse's behavior even though yes hot bloods are usually more hot than cold bloods but if you look at hot blooded horses alone you would see that they are different and some are more hot or cold than

others and the same goes for cold blooded horses if you look at them alone and the warm blood too so the behavior & temperament of the horse is different than the nature or the blood line , the first two are from us and the last two are natural, as for me personally I prefer in my way of riding to give the horse the right to choose the mood or temperament he wants as long as he is under control and responds fast & smoothly to my hand , it is like saying be yourself as long as it isn't out of my control as a rider which is closer to horses nature and more comfortable.

Natural Horsemanship :

Lots of people these days talk about natural horsemanship and believe their way of riding is closer to it , some have a good point some don't and here is my opinion about it , natural means it should be closer to the horses nature when they are alone in the wilderness and horsemanship means the relationship between the horse and the rider or the owner, so to call the method or the style natural you must prove that with a visual evidence and lots of correct ways of riding these days don't prove that in

my opinion even the very good ones because they take some natural things from the horse's nature but they force the horse to accept it without giving him the right to do the other natural stuff that he usually does in his nature , for example being calm and relaxed with a loose neck is natural because the horse does it in his nature but when your entire way of riding revolves around it and you prevent him from being hot or energetic or moving his head & neck up then how can you call it natural ? when you prevented him from doing natural stuff that he usually does

when he's alone in his nature ! ? the same goes for forcing the horse to be hot & energetic without giving him the right to be calm & relaxed , so taking some stuff from his nature and completely ignoring the rest and preventing him from doing it isn’t natural at all especially when you force him to choose a mood or a temperament or a neck position that he doesn’t always choose when he's alone in his nature and that’s why you see lots of these ways of riding having some trouble with some breeds of horses cause not every horse will actually accept being forced to do some moves ,

positions , moods & temperaments without having the right to change it if he wanted and they'll end up blaming the horse and continue to call their way natural !!! the way I see it is very simple and it is what I do in my way if riding which is the closest to the old Arabian riding I talked about in the beginning of the book I give the horse the right to choose the temperament , mood , neck positions he wants without any interference as long as it is under control and I can stop , move back and totally control the speed & direction easily , smoothly and under any circumstances regardless

of the type , bloodline , mood or the conformation of the body of the horse , so if I ride an Arabian he would be hot & energetic with his head up in the air and if I ride a warm or cold blood he would be calm & relaxed with a low loose neck position and if ride a thoroughbred for example he would be in the middle between the two and even if it is the same horse he can do all these things during the same ride , for example he's hot and energetic with a high neck or head then he became calm and relaxed with a much looser neck then he became hot again and so on , so

you're saying to him just be yourself as a horse like you're alone in the wilderness and that is the true natural horsemanship in my opinion and the proof is your horse when he's a lone , you never see a horse in his nature doing one neck position or having only one mood for an entire day or even an entire hour and that is the biggest proof from his own nature , so give him the right to choose the mood , temperament , the neck position and take the speed & direction otherwise it isn't natural horsemanship even if it is totally correct as a way of riding .

Neck positions :

Horses in their nature have 3 main neck positions (moving up – moving forward and moving down) and that is a visual fact you see with your own eyes so the natural way in my opinion is to give the horse the right to choose any of these positions whenever he wants as long as I am totally controlling him so if I move him ,move him back , stop him ,control his speed & direction , control him when he spooks and I do all of that smoothly & easily than I will not interfere in his neck position and that's closer to his nature and to freedom unlike other

ways of riding that force the horse to always move with a loose rein and a low relaxed neck or ways that force him to always bend his neck and never pull down or straight , now when I say force I don’t mean that the way of riding isn’t correct or that it is using very painful or wrong methods like what the wrong ways of riding do but it isn’t natural or comfortable to the horse as much as I want it to be because even though it is done in a right way you're still preventing him from some stuff by forcing him to do the other stuff and that is uncomfortable for him both

physically & mentally even if it isn’t clear compared to the bad ways of riding , so when you ride the horse with a loose rein It doesn’t always mean the horse is comfortable cause even though he looks calm & relaxed but he didn’t choose to do that he was asked to do it and the pressure is from the spurs in the leg so you think that the horse is more comfortable but the fact is he's more cautious because he's trying to please the spurs that’s all and every time he tries to walk with a high neck or head he's forced to bend it again with tight turns , using the spurs in the legs and pulling the

rein down & back which will work if it's done correctly and won't work if it's done in a wrong way but in both cases it's against his nature cause you're forcing him to move with a certain neck position without giving him the right to choose the other natural positions that he actually wants and needs more , the same goes for other ways of riding that do the opposite by forcing the horse to bend his neck and never move with a long loose rein so they take something natural that he does in his nature but they prevent him from doing another natural thing that he usually does in his nature so

it's the same idea done in a different way , take some things from his nature but get rid of the rest and prevent him from doing it, that’s what most ways of riding do and THAT IS NOT NATURAL in my opinion even though some ways do it better than others as I said before, so what I do in my way of riding is that I let the horse decide the length of the rein by letting him choose the neck position he wants then I control his speed & direction in it and he can change the position whenever he wants and I would be with him with my hands so if he pulls I give him the rein without

moving the hands I just let the rein slip from my hand and if he gives me his neck I collect the rein without pulling and if he leans on the bit I lean on the rein with my hands without pulling and that's what I call Tazleeg which means Slipping because I let the rein slip from my hand or Mowakabah which means keeping up because you keep the hand following the moves of the horse's neck so you're keeping up with his neck movement and that is closer to freedom because you give the horse the complete right to choose the neck position instead of choosing it for

him like other ways of riding do , now lots of people would say if you're giving him the right to choose then why does he bend his neck sometimes ? the answer is very simple , as I said before horses in their nature do bend their neck sometimes like when they fight or play or run and in other situations too so it is a natural position that the horse chooses to do sometimes and when there is a rider on his back of course he'll bend his neck sometimes so it's not happening because of you it's happening because of him , I didn’t force him to he chose to , I didn’t ask for it he

asked for it , what's the proof ? very simple , the same horse in the same ride would change his neck position randomly and whenever he wants, when he bends his neck he's not doing it to use it against me by leaning on the bit heavily or bucking or rearing up, he's not becoming heavier in the mouth with time but the complete opposite he's becoming lighter & smoother and all the 3 proofs prove it's his choice to bend his neck not my order because if it was me ordering him to do it then it would be impossible to achieve the 3 proofs I used and the complete opposite of them is what's

going to happen , so if he gives me his neck I collect the rein if he pulls or asks for a longer rein I would allow him to do that too it's just that simple and the same exact thing would be said if you were asked the opposite question why is he pulling on the rein if you're riding him correctly ? same exact answer , same exact proof but this time you're talking about a different neck position that’s all but it's still a natural neck position that he does when he's alone in his nature so it's closer to freedom and that’s a fact , so yeah give him the right to choose the neck position he wants and stay

with him that’s all , another very important thing about giving the horse the right to choose the neck position he wants other than the things I already talked about is that horses by their nature do the opposite of what they are forced to do when they're in danger for example if the horse is in a paddock or a stall and something really spooks him the first thing he's going to do is bolt towards the door and try to break it cause he knows it's preventing him from running away the same goes for riding the first thing the horse is going to do when he spooks is do the things you

always prevented him from doing so if you always ride him with a loose rein he'll move his neck and head up when he spooks and try to bolt and if you always ask him to bend his neck he's going to pull down and try to bolt or buck you of his back so he'll end up doing the things you prevented him from doing anyway it's just a matter of when and how not will , while in the way of riding am talking about in this book he won't be able to do that because I never prevented him from any of his neck positions so if he spooks or disagrees with you about something he won't be able to choose the neck

position as a way to bolt or buck you of his back or rear up or anything else which is very ironic cause the ways of riding that prevented him from choosing the neck position are going to end up dealing with all neck positions without being able to stop him while the way that gave him the right to choose ended up controlling him without any problem it's like total control that comes from real freedom which is hard to believe but not if you can achieve cause if you give the horse the right to choose the neck position then it's closer to freedom and if you

controlled him in hard situations then it's real control so giving him freedom gave you control that’s the way I see it and it's amazing how lots of horses have different temperaments, body conformations and blood lines but still give you the same exact results every single time even though every horse will do it in his own unique way , so a lot of the things you hear about neck positions in my opinion are wrong or at least not accurate even though some are , so loose rein relaxed neck is better ? not always , if he bends his neck he's trained in a right way ? not necessarily , bending the

neck behind the vertical is wrong ? not always and so on , so some information is right , some is wrong ,some is understood in a wrong way and some is the complete opposite of the truth , behind the vertical for example is not always wrong because the horse in his nature does it a lot when he plays , fights , runs and more , so it Is a natural position , so why is it usually considered wrong ? because people believe that forcing the horse to bend his neck to that point isn't comfortable for him and will end up making him fight the hands and pull on the reins and his neck will

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become very heavy & stiff which is true IF you force him to bend his neck behind the vertical but if you gave him the right to choose the position and he chose to bend his neck behind the vertical then it's completely right and even better than preventing him from doing it , now how can you know the difference between the right one and the wrong ? well it's simple , if he becomes stiff in the mouth and fights the hands and tries to pull a lot then that means you're forcing him to do it which is wrong but if you do it in the right way then you should be able to control him in it

and he's not fighting your hands and not pulling on the reins and his neck or mouth is very light to a point that you can see some looseness in the rein which means you didn’t ask him to give you that position he chose to do it by himself , the same goes for many other neck positions that people consider wrong just use the same way to test if it's wrong or right , if it's a natural position he does in his nature and he does it by himself without you forcing or asking him to do it then it's not wrong , it's right ,it's natural and it's better than other ways of riding .

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Bareback Riding :

Bareback riding means riding the horse without a saddle which is more comfortable for the horse , closer to his nature and it forces you to learn the natural balance and develop much faster because it's much harder while the saddle is more comfortable for the rider , cleaner to his clothes and much safer in a way because it's much easier to stay on the horse's back if you're using a saddle and here are the proofs to what I just said because as I said before an information without a real proof is just an opinion not a fact

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It's more comfortable to the horse and that’s a fact both visually & physically because the weight of the saddle isn’t comfortable , the saddle girth or belt isn’t comfortable at all and most horses hate it and the rider's weight would be completely on the stirrups which is confusing & uncomfortable to the horse , it hurts the horse's back especially the top and bottom area of the spine , while bareback in this case has only one problem and it's an exception cause it doesn’t happen with all horses or even most horses and it does happen with the saddle also so it can't be considered a real

problem and that problem is hurting the middle of the horse's back because you're riding him on one spot only without changing your position which could hurt the spine and as I said before it happens with the saddle also so it can't be used as a disadvantage in bareback riding , so saying that the saddle is more comfortable for the horse is against logic & facts and many people say that it's more comfortable for the horse just to hide the fact that it's easier for them to ride with the saddle that’s why most of them won't be able to keep their balance on the horse's back if they ride

without the saddle which means that the main reason behind their attack on bareback riding is that they're not good enough for it that’s all , as for the excuse that some people use which is saying that the saddle spreads your weight on the horse's back instead of being on one spot only it's not actually accurate because you put your entire weight on the stirrups to be able to move your weight of the horse's back which means your entire weight moved down to your legs which pulls the entire saddle to the horse's back which is even more uncomfortable than bareback not

the opposite and to prove all that when was the last time you saw a horse that likes seeing the saddle ? is carrying a back bag on your back comfortable ? can wearing heavy clothes be more comfortable than wearing shorts ? the answer would be very clear so why does it change when it's a horse ? because he won't speak and tell you they're lying that’s all, it's closer to the horse's nature and that’s a fact that doesn’t actually need any proof it forces you to learn the natural balance and develop much faster because it's much harder and that’s almost agreed on by all the correct

ways of riding throughout history as I said before especially the correct ways of riding , the saddle is more comfortable for the rider , cleaner to his clothes and much safer in a way because it's much easier to stay on the horse's back if you're using a saddle and that doesn’t need a proof of course cause there is no disagreement about it at all , now that doesn’t mean that bareback is always better or the opposite cause the way of riding is what makes the difference not the equipment or tools so a bad rider is a bad rider bareback or saddle and a good rider is a good rider in both of them .

Riding bareback with loose legs , hands down , eyes forward , no martingale , no spurs , no whip is the best way to develop your riding and unleash your talent.

AAA

The history of using saddles :

People used to hunt horses and eat them just like other animals then they started taming them for their own personal use like riding , pulling wagons and more and when they first started riding them they didn’t have saddles for a long time then they started using some kind of clothing on the horse's back and tie it on his body with a belt or a girth which evolved with time and became what we use now as a saddle pad , they kept riding horses like that for years then they started using saddles and even though they were different in the size & shape

they all had no stirrups in them because they weren’t invented yet and people kept riding horses without stirrups for a very long time before inventing stirrups which was one of the most important inventions at that time because it helped knights a lot in keeping their balance on the horse's back in battlefields when they stab with spears or use two hands to hold the bow which was very hard to do before inventing the stirrups and there are many disagreements about who invented stirrups and used it first but it's agreed that they kept evolving with time until they

became what we see today and they were made of leather than they started using wooden stirrups then they started using steel or metal stirrups so Arabians for example used wooden stirrups just like the nations around them until an Arabian Muslim leader called Almuhallab Ibn Abee Sufrah started using stirrups made of steel in his armies because wooden ones were broken in battlefields sometimes from the spears , swords and the rider's weight on the stirrups then many other countries started doing the same thing after that so it was made for us not for the horse's

comfort like some people pretend these days , now saddles also evolved with time and were different depending on the time , place , style of riding and the fortune , it kept evolving until it reached the current types we have now , you have the old classic saddles like the Arabian , Spanish and the classic European saddles that were used in the dark ages and before that there were the lighter saddles used by Greeks & Romans and now you have Western , English , Arabian , Spanish , Dressage , endurance , flat racing , show jumping saddles and many more ,

another thing you should know is that many of the current saddles are the result of a combination between many old saddles like the current western saddle for example which is taken from the old Mexican saddle which was taken from the Spanish saddle which was a combination between the old Arabian saddle and the old classic European saddle but they added and eliminated some things in it to make it more suitable for their own style of riding the same goes for many other current and even old saddles and the same exact thing happened with the things attached

to the saddle like the saddle pad or the girth they evolved with time in shape , size , material and more.

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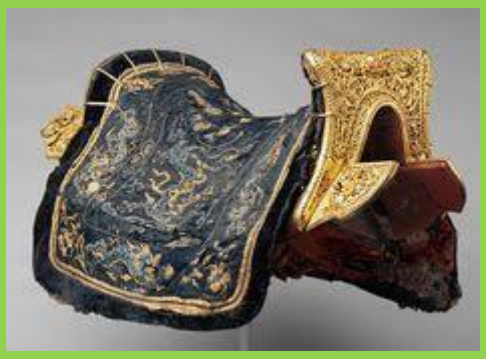

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Bits :

Bits are the piece of metal you use in the horse's mouth to control him and just like saddles they were developed with time so there are many kinds of bits that were used throughout history depending on time , horses , way of riding , available materials and more , now stories on who created this bit or that bit are a lot and sometimes different according to different sources and people used to use ropes in the beginning then they created bits after that and it was made of wood in the beginning then they started using other materials

such as chained bits and iron bits and currently we even have plastic & rubber bits too and as I said before it's always the rider not the bit or tools so compliment the rider if he controls the horse and blame him if he doesn't instead of blaming the bit for lack of control or complimenting it for controlling the horse and even though that’s a very clear fact that no one can logically deny a lot of people will say that the bit is the reason for controlling the horse when they see you doing something they can't do instead of admitting that it's you who made the difference even though it's the

same horse with the same bit in the same exact situation which means the only reason for the better result was the rider because it's the only thing that changed and when that happened the entire result changed so you controlled the horse that they weren’t able to control and to prove the point further more let them choose the bit they want for you and you would still get the same result with it then let them choose any bit they want and they won't be able to get the same result you got so the bottom line is this and you should say it to anyone who says that the bit controlled the

horse not you I CONTROLLED THE HORSE MORE & MUCH BETTER THAN YOU WITH THE SAME EXACT BIT YOU'RE USING SO DEAL WITH IT it's just that simple , now as for the kinds or types of bits currently they are a lot and different and every type is made for a reason but for me I always say that there are two main bits and every other kind or type of bit would be similar to one of those two main bits with some extra stuff depending on the bit and the main bits in my opinion are the snaffle bit & the Pelham or the curb bit and every other bit would be closer to one of them one way or

another regardless of the extra stuff in it which was made for a reason for sure but it's still a bit that should be considered a snaffle or a Pelham.

The snaffle bit :

It's the normal bit which is broken from the inside with two circles or rings or squares in the outside on both sides of the horse's mouth where the rein will be tied or attached to and regardless of its history because the stories about who invented it are a lot with completely different sources but at the end it’s a bit that puts the pressure on the sides of the mouth not on the jaw of the horse .

The Pelham bit :

Or the curb bit or the spade bit is a bit that puts the pressure on the jaw of the horse and not on the sides of the mouth like the snaffle does , it has many different designs but the idea is one which is a one piece bit in the mouth with two shafts in the outside with a strap under the jaw that will balance the pressure of the bit on the jaw and it was used a lot in battlefields in the past especially by Greeks , Romans , Arabs and more and currently in dressage , western riding , Spanish riding school , bull fighting , French riding school and many other ways.

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Other bits :

As I said before the snaffle & the Pelham are the main bits in my opinion and any other bit no matter what type it is or what it was made for would be closer to one of the two main bits so if it's broken in the inside without two shafts in the outside it's closer to the snaffle and if it's one piece in the inside or with shafts in the outside it's closer to the Pelham and so on that’s why most good riders don’t use many types of bits cause at the end they know that the hand is what counts not the type of bit while most beginners use lots of different bits

because they depend a lot on the bit to control the horse for them which will not work at all on the long-term but they cannot control the horse with the snaffle and they're not ready for the Pelham yet cause it needs experience so many other bits were created for that particular reason throughout history

As for me :

For me personally I always start with the snaffle bit after I get everything with the rope in leading and ground work first so I control the horse with the rope on the halter till he gives me everything I want smoothly & with ease (stopping- moving back -gaining his trust-touching his sensitive areas-controlling him in front of other stallions & mares) then I'll do the same thing with the rope on the nose till he gives me the same results then I'll do the same thing with the rope inside the mouth before using the bit till he gives me

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the same results then I'll start using the bit and it will be the snaffle bit first because the snaffle bit puts the pressure on the sides of the mouth not on the jaw and that’s what I want in the beginning because it will make you feel closer to the horse's mouth but after I totally control the horse with it and get everything I got with the halter before using the bit I might start using the Pelham bit if he's not comfortable with the snaffle bit as much as I want him to be because as I said before the snaffle puts the pressure on the sides of the mouth which is uncomfortable for some horses who

use their sides of the mouth more than their jaw and when you use the Pelham with these types of horses they'll be more comfortable with it that's all and as I said before to know if the rider changed the bit for the horse or for himself just simply look at his level of control before and after changing the bit if it didn’t change that means he changed it for the horse and if it changed in a very clear way that means he changed it for himself to gain more control over the horse which won't work at all on the long-term even if it worked temporarily so I will change it for him not for me

It's not the bit it's the hands , always remember that and use it , so if someone doesn't control the horse and he blames the horse or the bit for it you should know he's wrong .

The Martingale :

It's a piece made of leather or rope that ties the saddle girth to the rein to prevent the horse from moving his head up and makes him bend his neck instead and as I said before always blame or compliment the rider not the tools so the same goes for the martingale lots of people use it some are good riders some are not which means how you use it is more important than just using it as for me personally I never use it because it forces the horse to bend his neck and prevents him from choosing any other neck position which is against his nature ,

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uncomfortable and against my way of riding and even the good ways of riding who do use it won't use it until they totally control the horse and he understands the hands & legs orders or signals especially in tight circles & turns because the martingale will actually make the horse feel that any pull on the rein by you is pulling him down even though you didn’t actually pull him down and that will ruin your training especially in the beginning so you want to control his neck without it first then you can start using it if you want as for bad riders they just use it to force him to bend

his neck and prevent him from moving his head up which is wrong if you totally depend on it to do the job for you instead of doing it by yourself , so how you use it and why you use it is more important than just using it so use it correctly or don't use it it's that simple in my opinion , now yes lots of people use it all around the world these days but that doesn’t change what I said cause it's a visual fact that you can see with your own eyes and it's funny how some people like to attack some tools that are used in horsemanship while they strangle a horse with a very tight martingale .

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You don’t actually need a martingale with a well-trained horse

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Saddle pads :

It's the piece you use under the saddle to protect the horse's back from it and as I said before people used to ride with it alone before they invented the saddle and there are some types of it that are still used alone if you want to ride bareback but not directly on the horse's back and there are many types , colors and designs for it but the most important thing is its size and its condition cause if it is too small or too dirty and harsh it won't protect the horse's back like it should so the bigger the saddle is the more important the pad is .

GGG

Spurs :

Need I say more ?! exactly … now believe it or not most of the ways of riding who hate and attack some other tools like bits and riding

bareback and many other things are using spurs as a main thing that must be used in there way of riding so I say people in glass houses shouldn't throw rocks at people and in this case your living in a house made of broken glass and you're throwing big rocks at other ways of riding which is ironic and it's some kind of hypocrisy cause nothing is more painful than the spurs if you use them in a wrong way and that's a fact that no one can honestly deny , now as I said before you can't blame or compliment the tools and spurs are not an exception cause a lot of good correct ways of riding do

use spurs but they use it correctly unlike the bad ways of riding so how you use it is more important than just using it and getting what you want without needing it is even better it's that simple , now if you go back to the history of spurs you would see that it developed thorough time and the changes happened because of the different needs , horse breeds , horse size , riding style , available materials and much more , and the main reason in my opinion for using spurs is the need to use the legs for direction orders & signals and not just to move the horse faster like most

people think & expect and achieving that with heavy European horses was very hard because of their calm heavy strong nature which made the spur very important to help the rider in using his legs like he wants unlike the eastern ways of riding especially Arabians who used lighter and much faster horses and depended on the hands and the skills & talent more than the experience & the legs that's why Arabians never used the spur until the time of the crusades when heavy European horses started to come in large numbers and they started using it with these types of

horses sometimes , now as I said before there are many ways of riding now and in the past who use spurs but not all of them are correct , you have ways of riding who use it correctly and achieve good results like the western style , Spanish riding school , French riding school , Dressage , bull-fighting and many other ways and you have other ways of riding who use it in a wrong way which will lead to bad results with the horse instead of controlling him and making him become better so using spurs isn't wrong if you use them correctly but if you do use them then you don’t have the right

to attack other equipment & tools that other ways of riding use because nothing is more painful than spurs and if you say but I use it correctly then they use their tools correctly too so zip it

Bareback, no spurs or whip or martingale, loose legs , straight back , eyes forward , hands down , no interference in the neck's position , collected canter , focused horse

The whip :

The whip or the stick is used a lot by most ways of riding both now and in the past but just like the spurs how you use it is more important than just using it and being able to get what you want without having to use it is even better and again I will say the same thing I said about the spurs, so the ones who use the whip as a main tool in their way of riding do not have the right to criticize the other tools used in other ways of riding, now as I said before there are some good ways of riding who actually use the whip but they don't use it just to hit the horse and make

him move faster or punish him like bad riders do, they actually use it to control his hindquarters and to touch the arias & spots in his body that they can't reach with their hands and to know the difference between using it right and using it wrong you just have to see the final result, if the horse is totally under control and doing what the rider wants without needing to whip him or hit him then it's being used correctly but if he keeps using it to move the horse then he's using it wrong and using it in a wrong way means the horse won't trust the rider and he'll keep fighting back

PPPP

whenever he has to like when he spooks or bolts or see other horses & mares and so on , as for me personally I never use it just like the spurs and for the same exact reason and the first thing I actually do is train the horse to not fear or respect the whip by the desensitizing exercises I do when I start working with the horse in ground work, so I gain his trust by letting him know that these things won't hurt you including the whip and my reaction when you spooked didn't hurt you so why should you be afraid, so I make him disrespect the whip or the stick instead of

respecting & fearing it unlike other ways of riding that use the whip to make the horse respect & fear them more that’s why you see lots of good ways of riding especially liberty riding use the whip a lot even with the well trained horses cause a lot of the results they got happened because of the horse's fear of the whip, so you see a way of riding that depends on the whip a lot controlling a horse with nothing but the whip which is funny cause a lot of people see that and think that there are no real effects from the tools on the horse but the fact is the main tool is still being used which is

the whip or the spurs in some other ways of riding so if more than 60 0r 70 or even 80 % of my way depends on the whip and after I train the horse for a long time I start showing you a video with him with just a whip no bridle or saddle or martingale and I control him that doesn’t mean that I didn't use the tools it means I used them until I got what I wanted then I got-red of them but kept the most important and painful tool only to make a temporary video so I basically lied to people who know nothing about horses and actually believed that this final result isn’t actually final

SSSS

they believe it's a way of riding that never uses tools from the moment they start with the horse until they get what they want and that's not true , not realistic and not even physically possible because the horse needs time to understand what you want him to do and that needs body language training then ground work & leading then riding then you can get what you want from him without the tools after that so most of what you see in liberty riding isn't actually a way of riding or training it's a final result and you don't get to see the training process because it's completely the

opposite of liberty & freedom, so they use bits, saddles, spurs, lunging, martingales, ropes and many other things in the training process then they show you the final result and call it liberty which is ironic & inaccurate, so the bottom line is that the whip is being used a lot in horsemanship more than any other tools and mostly in a wrong way but still it is the least tool that horse people criticize and the ones who use it are the most people who criticize other tools which is hypocrisy at its finest, so use it correctly or don't use it and if you use it then don’t criticize other tools

You don’t need a whip to move a well-trained horse with ease.

Bridles & Reins :

The bridle has three parts in it, the first one is called the head piece and that’s the piece that you put on the horse's head to hold the bit in his mouth, the second piece is the reins and it's the piece you hold with your hands to control the horse's mouth, the third piece is the bit and I already talked about it, now there are lots of different types of bridles and every way of riding prefers some more than others, as for me personally I like the pure leather because it's lighter & more comfortable on the horse's head and my hands but many other ways

of riding don't like it because they want something heavy like rope reins or rubber reins because they use the entire fist not just the fingers like I do so they need it to be more thick and big in the hand, as for the head piece it's all about how comfortable it is so the lighter & more comfortable it is the better it would be regardless of the way of riding, now as I said before the hand is what matters not the tools and the reins are just a tool so you don't have to ride with only one type of reins but usually you will choose the most suitable type for your style of riding that's all and the same goes

for the length & girth of the rein some ways of riding like it longer some ways don’t some ways of riding like it thick some ways don’t, as for me I like it long and thin that’s why I like pure leather reins cause they usually are and if it's too long I can tie the end of the rein to make it a little bit shorter, as for the size of the head piece it should be in the middle not too tight to a point that makes the bit push the sides of the horse's mouth back which isn’t comfortable and not too loose to a point that it leaves a big space between the horse's mouth and the bit which is confusing & painful too .

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A little bit tight

Almost normal

Normal

ZZZZ

A little bit big, look at the space

Too tight look at the skin

Pure leather reins & headpiece

Full bridle, you see the reins, the bit and the headpiece or headstall

Headpiece and it's also called headstall, the piece in the middle is called nose-band

BBB

Rope reins & Leather headpiece

Pure leather reins & headstall and as you can see it's long just the way I usually like it and if it's too long I'll tie the end of it to make it shorter

Halters :

The halter or the head-collar is like the headpiece or headstall that I already talked about but it's usually used on the nose and you just tie the rope to it to lead the horse or tie him or even ride him without a bit in some cases and there are many different types of halters, different colors, shapes, sizes and more but the idea is one, a piece of equipment used to hold, lead, tie and ride the horse before using the bit when he's ready for it, as for me personally I never use the halter before dealing with the horse with body-language first until I can stop

him, move him away and control his direction and body movement then I would use the rope on the halter and keep leading him with it in all my ground work training & exercises until I get every-thing I want from the horse smoothly & with ease such as moving-back, tight turns & circles, desensitizing, touching the sensitive or touchy areas in his body, controlling him around other horses especially stallions & mares and much more then I can use the bit when he's old enough and ready for it and I like to start with the rope in his mouth before using the bit because the

rope in his mouth is softer and much more comfortable on his mouth than the bit especially in the beginning and after that I can start using the bit in leading then riding.

Body language :

As I said before you have to deal with the horse with body language first to be able to catch him in the right way before leading him otherwise leading won't be as smooth as you want it to be and body language is used a lot in many different ways of riding but there are many different types of body language in my opinion so here's the way I see it , many people say they use body language but there are different ways of achieving it so when you say body language it could mean a lot of different body moves that can be used to let the

horse know what you want him to do so it's a body or movement language instead of a vocal language, now most ways of riding in my opinion do use body language but they actually use a body language that the horse doesn't actually understand so they try to train him to understand what they want and with time he will connect between the move you did with your body and what you want him to do which can be considered a body language because it is a way of explaining what you want so it's a language and you use your body in it not your voice but the other type

of body language in my opinion is closer to horse's nature and it's what I personally do which is using the horse's own language which is considered a body language because horses deal with each other by using the body more than the sound so instead of teaching the horse to understand my body language I'll show him that I understand his own body language which is more shocking to the horse and that makes it much more effective in my opinion than trying to make him understand your own body language which doesn't work with all horses because some of

them are harder to work with and don’t learn fast but if you use their body language you should get an almost similar result with all horses because they all have the same body language and will understand it for sure but they will feel it's weird that you know it and are using it which will make them very curious to know you more and be with you and that’s what you want, so here's what I do when I deal with the horse in the paddock or the stall with the body language (I need a long rope & a long stick, I go inside the place that the horse is in and move to the opposite area that he's

standing at, I start treating him in the same way he's treating me so when he moves away from me I stop or even move away from him and when he stops I start moving towards him and I don’t move directly at him because that's a sign of danger in his language especially with a new horse so I move to him in a curvy or circular way instead of a direct way and I avoid eye contact as much as possible, as soon as he starts running away again I stop then repeat the same process again until he starts to completely stop when I am moving towards him and doesn’t run away from me and the

idea here is very simple I want him to understand that am not going to hurt him and I am not going to prevent him from running away if he wanted to and I am not going to run after him to stop him when he tries to run away which is all he needs to know because his reason for running away from you in the first place was completely natural because it's what he does in his nature when he sees something new but after he does that he will see your reaction to what he did and if you try to stop him from running away or run after him he will keep running away whenever

he can and that's the second reason for that behavior so the first is nature and the second is a reaction to your mistakes while dealing with him in the paddock or the stall, so when he learns that I am not going to hurt him, stop him from running away or run after him he will start to actually stop running away with time until he understands that no matter how close you are from him you won't hurt him and that’s where the long rope & stick becomes very handy because you will use it to touch the horse from a long distance without having to be very close from him to touch his

body with your hand, so when you do what I said in the beginning and repeat it as much as the horse needs you would see that the horse starts to slow down in his reactions to your movement and starts to think about what you're doing and the closer you get to him the more comfortable & relaxed he becomes because he starts to feel that you're not hurting him or forcing yourself on him and that's all he needs as I said before that's why you see the horse you're trying to push away from you is always trying to be with you while the one you want to stop always tries to run away because

doing the opposite of what you want is what they like to do in their nature until they trust you enough to give you what you want, so after he completely stops and doesn't run away from me when I am moving towards him I will start to touch him with the long stick on different spots or areas in his body from all directions because horses split between the two sides in their body so anything you do from the right side should be done from the left side until he totally accepts the idea of you touching him without any fear, I keep the stick on his body and move towards him without

removing it because in that way he believes that the stick is a part of my body that is touching him which will make him accept my movement towards him more than if I moved the stick first than moved towards him and the difference would be very clear if you try it yourself like I did lots of times, when I reach to him I won't touch him with my hand but I will give him a chance to smell it if he wants then I will back away from him then repeat the same process and from both sides until he fully accepts & understands the idea and his fear disappears or at least becomes less, now I will do the

same thing but this time I will start to touch him with my hand when I reach to him and I should be in front of him or next to his shoulder or neck and not his hindquarters or thigh to avoid being kicked and I try to do it repeatedly from both sides until he fully accepts me then I like to reward him with some sugar cubes or dates or carrots then I will put the rope on his halter if he already has one on his head and because it's long like I said in the beginning it would be safe if he tried to pull hard to run away from you when he feels the pressure of the rope on the halter because you

can simply let the rope slide from your hand until he's comfortable and relaxed while if it was short you won't be able to do that and you will end up hanging on the rope which will ruin your work and make the horse pull harder so always make sure to use a long rope in the beginning, if the horse didn't have a halter on his head then this is what I would do after I reach to the point of touching him with my hands without any problem, I will repeat what I did with the stick when I was touching him with it but this time I would be using the rope, so I will throw the rope towards his body

without letting it hit him hard just touching him with it allowing him to run away if he wants until he gets used to it to a point that he stands still even when I am throwing it on him then I will throw it on his body and leave it on him and move towards him without removing it just like I did with the stick before but this time when I reach to him I will try to tie the rope on his neck while touching him with it instead of forcing it on him and when I get it on his neck I would lead him like that a little bit until he's calm then I will try to put the rope on the nose and use it as a halter or put a new

halter on his head if I wanted then I will start with the next step which is ground work or leading but if the horse isn’t a new horse I am dealing with for the first time or if he's a stallion or a dominant mare or a horse who had a habit of attacking then I will do something different that’s why I said in the beginning that it's about treating the horse in the same way he's treating you and in this case the horse will be trying to dominate you and show you who's boss because of his nature like in the case of a stallion or a dominant mare or because of a bad behavior he learned from bad

training like attacking for example which isn’t a natural thing for horses to do unless they really have to like if they cannot run which makes them try attacking and when it works it becomes a habit that the horse gets used to with time and in all these cases the horse is trying to dominate you which means that treating him in the same way would mean that you want to dominate him and show him that you are the dominant side and the leader not him otherwise he would end up being the leader which isn't safe for you and doesn’t let you control the horse and gain his trust because the

horse will never trust you if you're not good enough to be the leader which will make him trust & follow you and when I say leader I mean a leader by body language and not by whipping or force because that doesn’t make you a leader in his eyes it actually makes you an enemy or a threat to him, so showing the horse that he's not the dominant side between the two of you isn’t a choice it's a must do process or step as long as it's done correctly and that’s what I will do in this case, bring a long rope & stick to be able to touch the horse from a distance and push him away from me if I

needed to, so I go inside the paddock or the stall or the place that he's in and move towards the opposite corner that he-she is standing in and yes I say he or she not it when I talk about horses *_* then I will wait for a reaction from the horse and as soon as he moves I will move directly at him pushing him a way by moving the rope in the air, throwing it at him and hitting the ground with it to make him run away from me as much and as fast as possible to let him know that I am controlling the area we're in not him and that's what dominant horses do to other horses

in the wilderness they push horses from other groups away from their own group and they chase other horses inside their group to show them who's boss and that is usually done by the dominant stallion who is the leader of the group or the dominant mare who is responsible for the relationship between the horses inside the group especially foals & fillies and that's what I want to do in this case because as I said before when you deal with a horse for the first time you should do what I said in the beginning but when it's a horse who's trained in a bad way, dominant stallion or mare,

a horse who has a habit of attacking then you should do what I am talking about here, so when I start pushing the horse away from me I keep the pressure and try to move him away from the places he wants to be in until he shows me a sign that he's not trying to be dominant any more then I will stop or slow down to give him a chance to think and rest a little bit then I will repeat the process until he understands that as soon as he stops trying to be dominant and starts to stop in his place in a peaceful way I will immediately remove the pressure and stop pushing him away and give

him a chance to relax so it's like saying when I push you away you will move away from my space and respect it but with time I want you to understand that as soon as you stop after giving me the space I want I will release the pressure and stop pushing you away and even let you come to me as long as it's done in a polite respectful way otherwise I will repeat the process until you give me what I want and as I said before the long rope & stick are very important in this step because it allows you to touch the horse from a longer distance which is much safer because your body is no

match for his powerful body if he decided to kick or bite or attack, when you do all of that correctly and you do it enough you would actually reach to a point of making the horse stand still in his place even when you are moving the rope in the air or hitting the ground with it and that's the level of trust and the goal I want to achieve, stand still don't run away and don't try to attack or play in a dominant way that's all and when you achieve that the horse will be very easy to deal with in the paddock or the stall and you can stop him easily whenever you want and that means he's ready

for the next step which is leading or ground work then you'll start riding.

Quick tips:

always take your time as much as you can because doing it fast isn’t always better

try to lower your body as much as you can especially when you deal with young foals and fillies because the shorter you are the safer they’ll feel although if you bend your body forward more than you should it could be more scary for them because it's a sign of threatening & domination in their language so try to avoid it

having a long rope & stick is more important than what you think and you won't understand that until you miss it when you really need it

you should know the moves that horses use to communicate with each other in their nature because a lot of them will be used by the horse when you are dealing with him like ear movement, eye contact, bending the neck, licking & chewing, playing with the tail, hitting the ground with the front feet, drooping the head down and other moves you should learn

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make sure that the space of the place you are in with the horse is suitable because if it's too big you'll take a longer time to achieve what you want and if it's too small it would be dangerous to work in, if it's a stall make sure you don't lock the door behind you just shut it without locking it so you can push it with your back and get out if the horse decided to move back at you to kick you because if it's a paddock you can get out from it by jumping between the fences if you needed to while in the stall the only way out is the

door that’s why it's more dangerous sometimes and if It's a circler paddock it would be easier to move the horse more smoothly in it because there are no angles that could force him to stop or slow down and if it's a closed place it would be better because the horse won't be distracted by anything else

always deal with the horse alone as much as possible and don’t let anyone else deal with him in the paddock until you get exactly what you want from him to avoid confusing the horse

don’t make the horse connect between riding and catching him in the paddock in other words don’t deal with him in the paddock when you only want to ride him, do it for other reasons too like brushing him, feeding him, leading him and other stuff too because if the horse knows that you only go inside his paddock to catch him and ride him he might actually hate you with time especially if you are a bad rider who rides him daily and he will start to run away from you or even try to attack sometimes if he had too so make sure you go inside the paddock for many different reasons.

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Leading and ground work :

It is the second step after body language and as I said before the better you deal with the horse with body language before leading the easier and smoother leading would be and leading is a very important step before riding that's why all the correct ways of riding care about leading much more than riding because it's the stepping stone that decides which direction you're heading to, if it's done right everything else would be smooth but if it's done in a wrong way it would be very hard and complicated so you shouldn’t jump this step or

ignore it if you really want a good result when you start riding the horse, now there are many different ways of dealing with the horse in ground work depending on the way or style of riding you're using but the idea is one which is doing everything you want to do when you ride but on the ground first before starting to ride him because you want him to accept the things you want him to do while you are next to him first before asking him to do them while you are on top of him because everything you're going to do on the horse is actually natural and he already does it by

himself without any training but he doesn’t know that he can do it while you are on top of him and that’s where the training comes or is needed so you want him to know that he can do what he usually does but while you're next to him then when he's ready you would ask him to do it while you're on top of him that’s all so leading isn’t just leading it's actually a very important step to prepare the horse for riding, now as I said before there are lots of different ways of leading so here is mine even though I talked about it before when I talked about my way of riding, you need a long rope

especially if it's a new horse just like what I said when I talked about dealing with the horse in the paddock or the stall with body language, you tie the rope to the halter if he has one on his head or you use the rope itself as a halter like I explained before, you start with desensitizing by letting the horse run away from you and even encouraging him to do that by moving your hand & the rope randomly in the air or at him and even using your voice to make some spooky weird sounds and the idea of all that is to let the horse know that 1- I am giving him the right to

be himself and do what he usually does in his nature which is running away whenever he feels danger and 2- the spooky moves or sounds didn't hurt you so you shouldn't be afraid and 3- my hand reaction when he spooked was correct, accurate and didn't hurt him which is the most important thing like I said before because the first two can be achieved by anyone but the third one cannot be achieved by a bad rider, after I get the result I want and the horse stands still and doesn't fear the hand or rope movement or the sound am making I will start to touch him in his

sensitive areas or spots like the ears and the areas below the chest, above the shoulders and between the hind legs or thighs to gain his trust so I will hold him with the rope with one hand and hold the remaining of the rope with the other hand and start throwing it on these areas until he stands still without fear then I will hold a long stick and touch these areas with it as much as possible until he's completely calm and relaxed then I will start to touch them directly with my hand until he's completely used to it without any fear then I will start doing the other exercises

after I gained his trust, the first exercise is tight turns from both directions because as I said before horses split between the two directions so everything you do should be done from both sides of the horse's body and after he gives you smooth tight turns easily and moves his hindquarters away from you and follows you with his neck you start asking him to move back which is one of the if not the most important exercise, so you will stand in front of the horse but not facing him with your chest to avoid being attacked or stepped on by the horse if he decides to move forward

so you will stand in front of him and your left shoulder should be facing his nose and you move the rope back with your left hand towards his chest and as soon as he gives in to the pressure you stop immediately and reward him if possible then you repeat the process until he understands what you want him to do and understands that he can move back while you are in front of him that's all because the two main reasons that make the horse refuse to move back are not knowing what you want or not knowing that he can do it while you are next to him or in front of him or on top of him

that’s all and not because he's a bad or strong or stupid or heavy horse like many people think and after he moves back smoothly whenever I want I will start the other exercises like turns & circles while moving and stopping him with ease repeatedly then I will start putting him in different situations to test his reactions to my hand reactions like controlling him in front of other horses like stallions or mares and controlling him while moving up & down on small hills or ditches and controlling him inside spooky new places like water spots or use very strong desensitizing by using big

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spooky weird stuff like plastic bags or bottles full of stones or anything spooky to test his reaction and how much he trusts you for the same reason you did in the beginning when you desensitized him for the hands & rope movement but this time you want to do it while he's moving next to you instead of doing it while standing in front of him because you want to prepare him for the situations that he could face while you are on his back after you start riding him like cars, horses running from behind, motorcycles, plastic bags on the ground and other similar stuff until he totally

understands that you will totally control him when he spooks and that there is no reason to bolt or buck when he spooks then you will be ready for the next step which is bridling if he's old enough and ready for the bit and what I like to do before actually using the bit is do the previous steps with the rope on the halter first then I put the rope on top of the horse's nose to be closer to him and he'll feel the pressure of the rope from the top of the nose and moving down instead of feeling it from the bottom of the halter then I will go to the third step when he is ready which is putting

the rope inside his mouth and leading him with it first before using the bit because it's smoother & softer on the horse's mouth and it's better than the bit when the horse pulls to the opposite side of the side you're pulling to, for example you're pulling the horse forward to make him go inside water or a trailer or a starting gate or whatever and he's refusing by pulling back in this case if you were leading him with a bit the pressure will be in the spot behind his ears from the headpiece and not on the mouth from the bit because when you pull to one side and he pulls to the other the bit will

be moving towards you instead of moving towards the sides of his mouth but if you were leading him with a rope in the mouth in this case he would actually feel the pressure of the rope on the mouth because if you put the rope in the mouth correctly then you would see that even when he pulls back the rope doesn’t move forward like the bit it actually keeps putting the pressure on the sides of the mouth so it's very important to lead him with a rope in the mouth before using the bit in my opinion especially in desensitizing exercises and when you want to lead him into

new spooky areas like water spots or trailers then I will go to the forth step which is bridling and leading him with a bit in his mouth and repeating every single thing I did but this time with a bit in his mouth and that’s an important thing to do so repeat the same exercises in every new step because it's important for the horse even if it's boring for you and after you get the results you want in all the previous steps you move to the next step which is what I call (breaking or starting leading) which is leading the horse in a way that prepares him to accept the rider on his back

and in my way of riding I use what I call (side leading) which is leading the horse with the two sides of the rein on his neck while I am standing next to him which puts the hands in a position that's very similar to the position that they will be in when you start riding the horse which is around the bottom of the neck in the area above the shoulders, so you will stand next to him and your right side will be touching his left shoulder and your right hand will be holding the right side of the rein which will be on his neck above the shoulders and the left hand will be holding the left side of the rein so

you will end up holding the rein just like if you were riding him but in this case you're standing next to him and that’s the main point of this way of leading because I want to lead him in a way that's very close from riding before actually riding him which will prepare him for riding much faster and much better than other ways or styles of leading, now when you start with the side leading you will repeat all the things you did before too but this time with the reins on his neck and you next to him which is the closest position to what you will do when you start riding him and you'll keep

leading him like that until you totally control him in all the situations I talked about previously, like stopping, moving back, moving up & down, turns & circles, moving close from other stallions & mares, desensitizing, holding him easily with other horses in front of him, moving him easily with other horses behind him, touching his sensitive areas or spots and more then you will ride him when he's ready for it which could change from horse to horse so some might need a week of side leading before riding and others might need less or more so it's up to the horse not you and the

more time you take the better the results should be if you do all the steps in the right way so take your time as much as you can and if you did every step correctly then you'll be able to ride him smoothly and with ease otherwise it won't be as good as you want it to be and if that happens you'll have to go back to the previous step and do it correctly before coming back to this step again that’s all so always make sure to do every step correctly and carefully so you won't have to go back to it, also make sure that you do all the things you're going to do when you ride in ground work first.

Riding :

If you did all the previous steps in the right way then you shouldn't face any trouble when you start riding him because more than 80 % of the horses who react in a crazy wild dangerous way when you ride them for the first time are actually doing that because they weren't ready for riding and that's for two reasons only 1- they were not trained enough in ground work which means they are not ready for riding and that means their reaction was normal 2- they were trained in a bad wrong way in ground work which made them become worse

instead of becoming better so when you start riding them they will react in a worse way than the ones who were just not ready, so the wild dangerous crazy reactions you see some horses doing when they are ridden for the first time isn't actually normal or natural it's because of us and not the horse's nature like some people think and that's a fact not an opinion because the same exact horse will give you a completely different reaction in the same exact situation when he's trained in a good way which means the difference in the result happened because of the training

process not the horse, so if you ride the horse and he reacts in a bad way then you should go back to ground work again and try to get a better result in it, as for what you do when you ride him for the first time it depends on the way or the style of riding and most people will be riding with a saddle and someone leads the horse for them and they just stay on his back then they start to direct the horse with the reins and stop him & move him with some help from the one who's leading the horse and with time they start to ride him without any one leading him, as for me

personally it's completely different because I don’t use a saddle and I don’t let someone lead the horse for me, so I jump on the horse a couple of times until he totally accepts me on his back without any fear then I will jump and just stay on his back for a couple of seconds then I will go to the next step which is moving him and as I said before I don’t let anyone lead me and you can't use the whip or even your legs to move him because he's not ready for that yet and you can't use the sound to move him because he doesn’t understand that yet so the only option you have is changing his

directions left and right to make him move while you are on top of him which is more than enough for now because as I said before you just want him to understand that he can move while you are on top of him that's all then you would see that while moving him left and right you achieved lots of things like making the horse accept your weight on him while moving and making him know that he can move back smoothly instead of bucking or bolting forward and making him move forward while you are on top of him because while moving left & right you will try to move him

forward slowly & gently until he knows that he can move forward with you on top and when he gets used to it you will start to use the sound so that the horse will connect between the sound and the thing you want him to do so the stooping sound should be different than the moving sound and so on, then you will start to use the legs to move the horse instead of using the sound and changing the direction only so you will change the direction, make the sound and squeeze your legs without real kicking but be careful when you do it for the first time because most horses could spook or

even buck when you squeeze the legs more than you should especially if you didn't desensitize them enough for it in leading and ground work so what I like to do is tap him gently & frequently with both legs and as soon as he gets used to it I could start squeezing more or even kicking when he's ready for that and I don't use the legs if the sound is enough to make him move as smooth as I want and with time you will feel that the sound alone is more than enough to move the horse, after riding him in normal walking and training him on tight turns, stopping, moving back,

moving in circles and more you can start thinking about trot and like I said before don’t start a step until you get exactly what you want in the previous step, when you start trotting it's normal for the horse to be confused or even try to buck in the beginning because it's his first time trotting with a rider on his back so he will do what he did when you rode him for the first time and the same will happen when you canter him for the first time so as I said before if the previous step is done correctly then the next step will be smooth and safe, so when he starts trotting you would see and

feel how good or bad your work was in normal walk, if it was good his trot would be smooth and he won't bolt or buck even if he tried but if it was bad he will try and he will succeed, the same exact thing will happen when you start cantering him so don’t jump to the next step until you get what you want in trot like smooth stops & turns, controlling the pace of his speed in trot to a point that you can move faster or slower with ease and whenever you want, being able to control his trot when he spooks like when he fears something and wants to change his speed or direction you

should be able to control both so he won't be able to change his direction or move faster by bolting or bucking and with time even slowing down won't be an option because you should be able to keep the horse in the pace you want with ease otherwise he's not ready for canter yet, when you start cantering the horse you would repeat every single thing I talked about in trotting the horse until he gives you the same exact result he gave you in trot but this time while cantering and after you get the result you need you can start moving the horse faster until you gallop him

when he's ready mentally & physically and galloping the horse is very important because if he doesn’t gallop with a rider on his back he won't be considered broken because the horse must know that he can move in all speeds while there is a rider on his back and gallop is the highest speed so when you gallop him he will be considered fully broken otherwise he's not and if he's not then he will always try to buck when he spooks or try to bolt because he thinks that he can't gallop unless he bucks you of first because he never galloped with you on his back before so he thinks that

he must get rid of you first to be able to gallop that’s why when you gallop him he would completely change and never buck again as long as you did all the steps in the right way of course otherwise galloping him won't make any difference that’s why Arabians or Bedouins in the past used to say this (a horse that didn't gallop isn't broken) and I already explained why and when I say broken I mean that the horse is ready for normal riding by a normal rider or a beginner but I know that it's not an accurate word especially these days so I prefer to say starting or training much more

but most people would think that you're talking about a normal old broken horse in that case so sometimes you need to use the common words that are currently used by horse people that’s all and many people think that breaking a horse means breaking his spirit but it actually means breaking the barriers between his nature & yours that’s all or at least it's what true horsemen believe because a true horseman or a good rider knows that force or breaking the horse's will is never going to work on the long term so it's not a real option or way for controlling the horse

because as said before trust is the best and only way for total control in horsemanship, after you gallop the horse he would be considered fully broken and ready for normal riding by anyone if he was broken in a good way of course and I prefer to give him some rest before riding him again so that his body will get bigger, taller and stronger so I give him a break of two or three months before riding him again but if he's an old horse that you broke after the age of five then you don’t need to give him a long break because he won't grow bigger or taller after the age of five or six at least not in a

very clear way so one or two weeks rest would be more than enough, as for the horse you're training but he's already broken you will repeat the same exact steps but it could be done faster or slower depending on how bad or good his training was before you started training or riding him and the same exact thing would be done with the horse you already broke when you ride him for the first time after the long break we talked about, so always remember that how you do it is more important than just doing it and that the steps of breaking could be different from one way to another .

Fixing problems or bad behaviors :

As I said before any problem you'll face with the horse is usually happening because of you or the rider who trained the horse before you and not the horse and the proof like I said previously is that the same horse will get better and his behavior will change and the problem will disappear with time if he is trained by a better rider which means that the problem he had was not because of him it's because of his training and there are no exceptions here so all horse problems can be fixed with time if you train them correctly no matter

what's the breed or the age or the size or the personality or even the strength of the horse but the time you'll need could change from one horse to another that's all and that's a fact not an opinion because you can see it with your own eyes by giving a horse who's trained in a bad way to a good rider who will totally fix the horse with time and the opposite is the same by giving a well-trained horse to a bad rider you'll see that he will totally ruin him with time, so you've seen or will see and seeing is believing that's why I say it's a fact not an opinion, as for the type of problems

or bad behaviors you could face with some horses they are a lot for sure but all of them are natural moves that horses could use in there nature when they need to but when you start riding them and they use it against you to throw you of their back or get rid of you then it will be considered a bad behavior or a problem that happened because of your bad training or riding and needs to be fixed by changing the way or the style of riding and the steps of training, now for me personally I will repeat every single step I talked about in breaking or starting the horse from A to Z that's

why I call it restarting or rebreaking the horse because any horse who has a real problem is broken in a bad wrong way if you go back to his history with riding and even if he wasn't then he was ridden by a bad rider for a long time that made him forget most of what he learned when he was broken in a good way and in both cases he'll need what I call restarting for sure and when I say restart or rebreak I mean I will deal with the horse like if he was a new unbroken horse and do all the steps I do when I start a new horse but in this case I will be deleting all the bad things he learned previously

Rearing up :

It's a natural move that the horse does sometimes like when he plays with other horses or when horses fight each other or when he is full of energy and trying to play around but when you start training him in ground work or when you ride him he might try to do it once or twice for one reason or another and when that happens he will connect between your reaction and the move he did and if your reaction was bad or wrong it would become a bad behavior or move that he will use against you whenever he wants to get rid of you like when he's

energetic or spooked or when he's around other stallions & mares which could be very dangerous for you and even for him sometimes because he could lose his balance and fall on you which will not be a good feeling at all *_* and to fix that problem you need good training in ground work and leading first before you ride him and when the problem completely disappears in leading you can start fixing it in riding which shouldn't be a problem because you already fixed most of it on the ground when you were leading him and what I do is what I talked about when I explained my

method or style of riding so I lead the horse and do the same important steps I usually do like desensitizing, moving back, tight turns, touching the touchy sensitive areas until the horse gives me what I want then I will start giving a horse a reason to rear up like moving him close from other stallions or mares or shaking the rope am leading him with in an annoying way or using my body language to encourage him to rear up and all of that is to let the horse know that am not actually preventing him from rearing up which is the main reason for rearing up because as I said before the

more you prevent the horse from doing something the more he will insist on doing it especially if you prevent him from doing it in a wrong way like using force or depending on tools like the martingale or the whip, now of course if I just let him rear up whenever he wants then he will never stop doing so but the idea here is to let him know that I didn't prevent him from rearing up but at the same time I will deal with him in a correct accurate way before, while and after he rears up which means I will control his body by trying to control his balance and brain

instead of controlling his muscles and that will make him understand and learn that the reasons for rearing up are gone so why should you rear up, they prevented you from it I gave you the right to do it, they tried using force or strength to stop you from doing it I tried to control your balance to make you choose not to do it, you were able to make them lose their balance but in my case you lost your balance too when you tried to make me lose my balance and all of that will make him choose to stop rearing up with time if you did everything in the right way then you can start doing

the same thing when you start riding him which will not happen until you totally fix the problem in ground work first, so give him a reason to rear and encourage him to do so then try to control his direction before, after and even while rearing up by controlling the neck to control his entire body especially the hindquarters or the back side because when the horse rears up he puts all his weight on the hindquarters and if you control it you will control his balance so instead of trying to pull him down or back to stop him from rearing move towards him and try to move

him back and move his neck to the side of the thigh he's using to keep his balance so if he's rearing up and looking to the right side with his neck then you should move it to the left side towards the left thigh and that will make him move down because he lost his balance and with time you would be able to do that even before he rears up by moving him back and at the same time moving the neck towards the thigh he's trying to use to rear up which will stop him from rearing up because he doesn’t want to lose his balance which is the main goal of what you're trying to do and that’s

making him lose his balance instead of letting him gain more balance when he rears up and the fun & funny thing about it is that you're not even trying to stop him from rearing up you're actually encouraging him to do so but at the same time you're convincing him that it's not a good idea because he could lose his balance so when he decides to stop it will be his decision not yours and that's the trick, so I didn't say don't do it but I convinced you that it's not a good idea to do it that's all, and of course during all that I would be doing what I talked about in my way or

method or style of riding so when the horse is pulling I am slipping the reins and when he's giving I am collecting the reins and when he's leaning on the reins or the rope I will be leaning on it with my hand and all of that will be done unconsciously and in the same length and strength and heaviness like I talked about before which will need lots of accuracy, talent and experience for sure, so the reaction of your hand is even more important than the other steps I talked about so if someone does the same exact steps but his hand reactions aren't accurate then he

won't get the same result of a rider who did the same steps but his hand reactions are much better in keeping up with the three moves (pulling-giving-leaning) and that goes for every single thing you do in horsemanship of course because how you do it is always more important than just doing in my opinion, after you get what you want from the horse in ground work and he totally stops rearing even in real tests like around other stallions or mares or when he spooks you can start riding the horse and repeat the same process or steps literally which shouldn’t be a

problem because you already fixed a lot of it in ground work so before, after and even while rearing up try to control the neck don't pull or shout or scream or whip just control the neck so if he's rearing up and right then the hindquarters would be on the left side which means you should point his neck to the left side to make his hindquarters move to the right and that will make him lose his balance and move down and with time and accuracy it would be enough to even stop him from rearing before he rears up and that's your goal but do not rush it otherwise you might ruin everything

you did, now some horses might take more time than others or take a longer time in a step more than the other steps which is completely normal and acceptable because horses are different but at the end the result should be the same if you did everything accurately and in the right way so take your time as long as you are sure that you are on the right path or way or steps, one final thing you should always remember is that you shouldn't jump a step to the next one until you get exactly what you want otherwise you will be putting yourself & the horse in danger which could ruin him for you

Bucking :

Bucking is a move that the horse does when he's alone in his nature sometimes like when he is playing with other horses or when he's full of energy or when some other animals jump on his back trying to hunt him so it is a natural move but just like rearing up if you deal with this move in a wrong way it will become a bad move or behavior that the horse will use against you when he wants to throw you of his back so when you put the saddle for the first time on the horse or when you jump on his back for the first time it's normal that he will try to

buck and when he does he will connect between your hand reaction and what happened so if the hand reaction was correct he will stop bucking but if the hand reaction is wrong he will keep bucking and it might become a habit with time which will be considered a bad dangerous behavior that needs to be fixed by a good rider just like rearing up and all the other bad behaviors too, as for the steps or the process I use to fix a bucking horse it's the same exact process I talked about in rearing up (ground work- desensitizing- moving back- tight turns & circles- controlling the

direction before, while and after the buck- keeping up with the three moves by slipping when he pulls, collecting when he gives and leaning when he leans and then after he gives you what you want you can repeat the same process when you ride him) and yes you must do it in ground work first even if he won't usually buck in leading because a bucking horse is usually too pushy on the bit so he needs all these exercises first to make him smoother and lighter in responding to your hand and you can also give him a chance to buck in leading by running next to him and allowing

him to trot or even canter next to you and buck to try to fix some of it on the ground before actually jumping on his back, as for what you should do when he tries to buck it's exactly what I said when I talked about what you should do when the horse tries to rear up, so before, while and after the buck try to change his direction to the opposite side he's pulling to so if he's bucking with his neck down and right try to point his neck to the left side to control the outside shoulder and make it become the inside shoulder which is the left one in this case and the right one if he was pulling left

while bucking and when he feels that you're not actually pulling him back or using strength and you're controlling his direction instead he will start thinking about the buck because he knows that the reason for doing it is gone and that if he tries to make you lose your balance by bucking he will also lose his balance because you are controlling the direction by controlling his neck which will lead to controlling his entire body and that's what you want because it will make him choose not to buck anymore but as I said before how you do it is much more important than just doing it so

your hand reactions accuracy while doing these steps is more important than the steps for sure so you could get a better-faster result or a worse-slower result than someone else who's doing the same exact steps you're doing depending on how accurate your hands reactions are and just like the other behaviors if the horse is trained in a good way he will become better with time and you will fix the problem but if you give him to a bad rider the horse might start bucking again if he is trained in a bad way again so riding him in a good way after fixing the problem is a part of the solution.

Changing the direction suddenly:

Which is one of the worst behaviors a horse can learn because horsemanship is all about controlling the horse's direction and if the horse doesn’t give you the direction to a point that he will actually use it against you then that’s a big problem that needs to be fixed, as for the steps I use to fix the problem they are the same steps I talked about in fixing other problems and when he gives me what I want I will actually lead the horse to a spooky area and give him a reason to change his direction to let him know that my hand reaction

when he spooks and tries to change his direction is correct which will make him stop this behavior with time and stop in his place and face the scary area or thing instead of bolting to the opposite direction which is my goal in this case so when the horse spooks from something in the left side he will pull to the right side and move his hindquarters to the left side and try to bolt or buck or move faster and what you want to do here is actually make him face the spooky thing with his neck or face and move the hindquarters to the opposite side to prevent him from thinking about

bolting or running away then you start moving him towards it until he calms down and smell it then I like to move around it so that it will be to his left side then his right side then his face then his backside or hindquarters to let him know that it's not hurting you and my hand reaction when you spooked didn’t hurt you so why should you spook or bolt when the reasons for doing that are gone because the only two reasons that made the horse change his direction when he spooked are 1- his nature 2- his bad training , the first one can be dealt with by letting him know that the

spooky thing didn't hurt him in any part of his body because horses split between the two sides so everything you do should be done from both sides, as for the second one which is more important as I said before it can be dealt with by letting him know that your hand reaction when he spooked and tried to bolt & change his direction was correct by unconsciously doing the right hand reactions I talked about before which is (pulling=slipping / giving=collecting / leaning=leaning) the first part is what the horse will do and what equals it is what your hands should do and like I said

before it must be in the same length & heaviness of the horse's mouth or neck so if he's heavy your hands are heavy and as soon as he becomes lighter your hands become lighter so it's some kind of pressure & release but he decides the time and level of the pressure or the release not you and that's the trick of this method of riding that's why I call it MOOWAKABAH which means keeping up as I said before, so when the horse pulls to the right side because he spooked from the left side you will slip the reins from your hand instead of pulling him or moving your hands with him so the

hands are steady but the reins are moving and the slip will be fast and light if he pulled in a smooth way but it will be slow and heavy if he pulled in a rough way and it will be from one side more than the other because he will be pulling from one side more than the other and when you do that accurately he will give you the reins back by moving his neck back to the hand and you should collect what he gave you don't collect more or less just collect what he gave you and it will be from one side more than the other so if he fears something from the left side he will pull more from

the left side because he's moving his neck to the right side which means you will slip the reins more from the left side but it will be a slow heavy slip which will make him give you the reins back but from the left side more than the right because of your accurate heavy slow slip which means that you made him face the scary thing with his neck instead of moving it to the opposite direction and that's your goal every time he spooks from something and with time he will know that he won't be able to bolt or buck when he spooks because of you correct accurate hand reaction

which will make him stop spooking or at least stop trying to bolt or buck or change the direction when he spooks and that’s the ultimate achievement you're looking for here so before , while and after he spooks your hand reaction should be accurate and correct otherwise he won't become better with time and an accurate correct hand reaction in my way of riding means slipping the rein when he pulls with the same length and heaviness he pulled with and from one side more than the other and he will choose the side not me then collecting the reins when he gives me back his

neck in the same speed and length he gave me his neck with and from one side more than the other and he will choose the side not me then I will lean on the reins when he leans on the bit as much as he leaned so if he leans a lot I will lean a lot and if he leans a little I'll lean a little and from one side more than other and this is the main idea of this method of riding , you're not using strength like bad riders do you're not preventing the horse from pulling the reins like most other good ways of riding do and you're not just letting go of the reins like some beginners do, so you

will give him the right to choose the neck position he wants then try to control his direction in it which means you will control his entire body and that will make the horse stop changing the direction when he spooks with time and the same exact thing will happen with all the other kinds of bad behaviors just give him enough time and make sure that your hand reaction before , while and after he tries doing something wrong is correct and that will make him stop doing it with time otherwise the bad behavior won't change even if you try the same steps I talked about as long as

the hand reaction isn’t correct because as I said before the hand reaction's accuracy is more important than the steps and after the horse stops spooking you can let someone else ride him as long as they are riding him correctly otherwise the horse might start spooking again just like all the other behaviors (bad riding ruins a well-trained horse and good riding fixes the horse who's trained in a bad way) so there is no point in fixing the horse's problem when you know for a fact that the reason for the problem will happen again which is his rider in this case so you

should fix his way of riding first then you can fix the horse or even let him fix the horse by himself if possible which is even better in my opinion.

Horses that refuse to move :

the horse that refuses to move or refuse to move faster when you ask him to change the speed is doing it for two reasons only 1- he's a young horse you're just breaking or starting so he's still learning 2- he's trained in a bad way so he learned this bad habit from the rider who trained him in a wrong way , the first one is normal and it will disappear when he learns that he can move with a rider on his back while the second one means that the horse needs to be ridden by a better rider to fix the problem that came from bad riding that’s all , as

for what I do personally 1- the hand reaction's accuracy of keeping up with the three neck moves is the most important thing as I said before 2- no whipping at all to move the horse 3- I don’t let other horses move in front of him to encourage him to move because I want him to move because I asked him to not because he wanted to so he must do it for me even if it takes a longer time 4- take your time because moving him faster isn’t the goal the goal is to move him in a right way that will totally fix the problem otherwise it will keep coming back when the horse is in the mood for it

5- don’t use the legs a lot until he starts using his body so use the sound and change the direction to let him know that he won't be able to stop moving so if you don’t move forward you will move right or left or back and as soon as he moves forward stop changing the direction and stop the sound and stop using the legs to move him if you can and as soon as he stops again use the same process again until he knows that when he moves forward like you want it's going to be more comfortable and you won't use the sound or the legs or change his direction but if he stops moving it

won't be comfortable and you will control his direction and use the sound and the legs until he moves forward so it's some kind of pressure & release but the pressure is not done with pain it's done with the sound and controlling the direction which is a mental pressure not a physical one 6- so make him hate stopping and love moving that’s all but do it like I said and not by using the whip or the spurs because physical pain is not going to work here at least not on the long term 7- don't ruin everything by whipping the horse at the end when you feel that the horse didn’t give

you what you want in a fast way because this means you will ruin everything you did even if he moved faster with the whip he will keep getting worse with time by refusing to move more and more with time or by moving but while doing much worse behaviors like bolting & bucking & rearing up so don't do the right thing only to ruin it at the end by using the whip that's why I recommend not carrying a whip in the first place and a good example for all that is a saying we have that says he fasts and fasts but he breaks his fast by eating an onion so the whip is the onion in this case *_*

8- in the beginning it might be boring and it might take some time but he will get better with time if your hand accuracy is correct and you did everything else in the right way to a point that the bad behavior will totally disappear and you will be able to move him easily even in the places he likes to stop moving at like around other horses in the stalls or the paddocks or near the gate or the door of the stable or the farm or any other place 9- after the horse walks and never tries to stop he might refuse to move faster and in this case you will use the same exact process until he moves.

The bolting horse:

Horses who bolt without an order or a permission from the rider are doing that because of their bad training not because of the horse himself like his breed or character or anything else so to fix the problem you need to fix your riding it's that simple unless you're not the one who trained him and in this case you will simply fix the problem with time because the reason for the behavior which is bad riding is gone so the horse won't have a reason to do it anymore and this is how I deal with a bolting horse 1- body language in the paddock until

he trusts me and stops running away from me 2- ground work and leading until I totally control him in all situations especially when he spooks or behind other horses and next to them 3- riding him after his neck becomes smooth and soft on the hand after the correct steps in ground work 4- the important exercises I talked about before like (stopping - moving back - tight turns and circles – then halting when I start trotting or cantering the horse) and all that will make the horse's mouth or neck lighter which will make it much easier to control him when he bolts 5- the most

important thing is the hand reaction when he bolts as I said before so before while and after bolting he'll do one of the three moves we've talked about before and they are (pulling-giving-leaning) from one side more than the other and if you keep up with the three moves in the right accurate way that I talked about before then the horse will not be able to bolt no matter what and will just spook in his place instead especially after the exercises you did in walk and even on the ground before riding him 6- make sure to put the horse in places that will give him a reason to bolt to see how

much control you have over him especially in ground work before riding him like desensitizing and places he fears because avoiding the problem isn't going to solve it at all 7- doing all these steps without having a good hand reaction means that the result isn't going to be the same no matter how much time you spend with the horse 8- bad riding will make the horse bolt again with time so make sure he's going to be ridden by a good rider or don't bother fixing the problem in the first place 9- using strength like strong bits, martingales and pulling hard on his mouth will not work.

Attacking or horses that attack:

Horses nature is running away when they feel danger and that’s what they do when they are attacked by other creatures or when they see something new for the first time so it's not natural for a horse to attack you but when the horse cannot run away from something he will attack and his attack could be very dangerous and even deadly sometimes, so an attacking horse is usually a horse who's trained in a wrong way or treated in a bad way and when he wasn't able to runaway he tried attacking and when it worked it became a bad

habit so the horse has nothing to do with it at all even though some horses are prepared to gain or learn that habit faster than others but still the main reason behind it is us and not the horse, as for fixing it you need two main things 1- accuracy & experience in using the body language with the horse 2- very good accuracy in your hand reactions and body movement in leading or ground work , otherwise it would be impossible to completely fix the problem and here is what I personally do with a horse who has a habit of attacking or trying to dominate 1- you need a

long rope & a long stick if possible, the rope is to push the horse away from you when you need to and the stick is to defend yourself from him if you had to or when you want to touch his body from a distance especially the sensitive touchy areas 2- you must be able to push him away from you easily before getting inside otherwise you shouldn’t go inside the place he's at because if you cannot make him respect your zone from the outside then you won't be able to make him respect it when you are with him inside his paddock or stall 3- the first thing you should do is try to make him

move away from you as much as you can and keep him moving to let him know that you will control the area and decide where he should go and not him 4- when he attacks with the body you should attack with your body as fast and as much as he did 5- if he threatens to bite or kick use the long rope to push him away from you and avoid hitting his eyes 6- hitting the ground with the rope as hard as you can is always a good option 7- when the body isn't enough you have the rope and if the rope isn’t enough use the long stick 8- as soon as he starts running away from you stop

and give him a chance to think then repeat the process 9- the main idea here is to make the horse forget about dominating you and trying to be the alpha male or the leader and making him return to his nature which is running away from you that's all 10- if you did everything in the right way and gave the horse enough time you would see that he stopped attacking and actually started to run away from you and refuse to stop which is acceptable and even expected for now because it's the complete opposite of the problem he had although you'll have to stop him from doing that

too in the future when you totally solve the attacking problem 11- try to take the space or the zone he likes to stay in the most as much as you can to let him know that you are the leader or the dominant side not him 12- after he stops attacking in a very clear way give him a chance to think and rest a little bit 13- move directly at him but this time without trying to move him away from you and when you are close enough from his body touch it with the long stick and avoid using the rope because if you throw it at him again he'll think you want him to move away from you again and if

he runs away when you touch him with the stick repeat the same process otherwise just keep the stick on his body while moving closer to him without removing the stick until you catch him 14- try to back away from him then repeat the process until he's totally calm and relax 15- tie the rope on the halter or use it as a halter 16- start the ground work with him and start by making him move back or tight turns so that you can teach him to respect your space as fast as you can which is very important to avoid giving him a chance to attack you while you are leading him after you

catch him 17- repeat everything you did every time you deal with him until he totally forgets about attacking or being aggressive 18- keep doing the same process or otherwise the horse will start attacking again if you or someone else started dealing with him in a wrong bad way again 19- try to reward the horse as much as possible when he does what you want to let him know that you're not actually trying to hurt him but you're just defending yourself by treating him in the same way he's treating you 20- all these steps can be used with any attacking horse .

Biting :

Biting is natural when it comes for horses because they use it a lot in there nature with each other which makes it normal and natural but when they do it with us then you should know the reason behind it and what was or is the horse's intention when he tried to bite because horses in their nature bite for many different reasons so sometimes they bite to play with each other and sometimes they bite when they fight each other and some other times they bite when they attack each other or other animals when they have to so why

did the horse bite or try to bite you is what will decide if it was normal or not, wrong & bad or not so if he bites to play that means he's having fun with you that’s all but it's dangerous sometimes so don't let him do it more than he should because what he considers playing could be considered painful & dangerous by you, if he bites because he wants to dominate you and be in control than that’s wrong and it proves that he was trained or treated in a bad wrong way and needs to be dealt with and trained in a better way to stop him from doing that and the same exact thing

goes for biting with the intention of attacking you and to know if the horse bites you for playing or because he wants to dominate you then you should simply watch what he does before and after the bite so if he attacks you or try to hit you with his legs or body then the bite came from bad training and needs to be fixed & dealt with but if he bites you without any signs of attacking you or trying to hurt you then it's just out of fun and he's trying to play with you which is a good sign that proves he trusts you and has a good bond with you but as I said before don't let him do it

more than he should because it could become a dangerous bad habit with time, as for what you should do to avoid the bite and make the horse stop biting here are some useful points 1- stop doing the reason that made him bite in the first place so if the reason is bad training fix your training and if it's giving him food directly with your hand then stop doing it and if it's because you are being too kind or gentle with him stop doing that and so on 2- leading or ground work and the body language has a lot to do with fixing the problem especially when he bites because he feels that

he's dominating or in control so do the right steps in body language & leading or ground work and you will see that most of the problem will disappear with time 3- moving him back easily when you lead him means he respects your space which means it will be harder for him to bite you like he used to do 4- treating him in the same way he treats you is very important so when he tries to bite you don't avoid him but move closer to him and squeeze his lip with your fingers in a fast annoying way to let him know that you will annoy him if he annoys you but don’t do that unless

you are sure that he responds to your hand easily & smoothly in leading otherwise you won't be able to move him back or away from you if he insisted on biting you more and squeezing his lip won't be enough in this case 5- horses fear speed and accuracy more than strength so when he tries to bite your hand don't pull it away from him move it towards him in a fast way hitting his upper lip like you are boxing him and he will back away and if he doesn’t use the other hand to confuse him so move one of the hands to his mouth and when he tries to bite it hit his lip with it

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gently and at the same time use the other hand to hit the other side of the mouth which will confuse him and make him move back or away from you usually so it's not about strength or power or pain it's about accuracy & timing, it's like saying am treating you in the same way you are treating me so don't blame me for what I did blame yourself because what I did was just a reaction to your action 6- like all the other habits if the horse is dealt with in a wrong way again he will start biting again 7- never point your fingers to his mouth just your fest or arm or rest it's much safer.

Stallions :

A lot of people think that stallions are impossible to control when they are near other stallions or mares and that this is completely normal which is not true at all for many reasons 1- 20 % or less from the stallion's intense when he's around mares or other stallions is natural and normal as for the other 80 % it's from bad training & handling and has nothing to do with the horse or his nature and that is a fact because if the same exact horse is trained by a different rider who happens to be much better you'll see that his behavior will completely change

and it will be much easier to control him in front of mares and other stallions 2- the horse's breed has nothing to do with the lack of control you have over him when he's around mares even though hot bloods are usually hotter and harder to control but it's still not an excuse because if he's trained in a good way you will totally control him even if he is mating with a mare or when you lead or even ride him in the same paddock with a mare or even another stallion and that is a fact that I personally did with many different Arabian stallions and I even have some videos as a proof

so it's not just an opinion or a fantasy 3- not being able to control the horse when you want him to breed or mate a mare isn’t a good thing and doesn't prove that he's a strong or powerful horse it actually proves that you are a bad trainer or rider that’s all 4- in the past they used to ride stallions in battlefields and control them around other stallions and mares so it's not impossible to achieve it's just very hard for most riders or trainers these days because most of them are simply using wrong methods or ways of riding 5- most horse people say it's normal because they don't

want to admit that their way of riding is bad or wrong or has some disadvantages 6- in my way of riding you will & should and even must be able to totally control the stallion when he's around other stallions and mares to a point that you can make him move away from them by moving him back smoothly and easily even when his nose is literally touching the other stallion's nose or even the mare and move him back easily when the mare is standing in front of him and ready for mating and all that should be done in leading before you ride him and with time you should be able to

control him when he is in the same paddock with another stallion or mare without even leading him so you can push him away with your body language easily even when there is a mare or another stallion standing next to you which is the ultimate achievement in horsemanship in my opinion because it means that you are simply his leader and not the opposite which is impossible to achieve if you don't do the right thing at the right time with the right accuracy 7- training the stallion might take a long time but you will control him like all the other horses

Both are stallions and the one I am riding is an Arabian and had a couple of sons too

An Arabian stallion, Arabian mare and their daughter

Two Arabian stallions

An Arabian stallion mating with a mare without using any ropes to tie her legs and without a halter on her nose, which is the natural way

Two Arabian stallions, the horse must know you can control him easily in front of other stallions

An Arabian stallion smelling an Arabian filly, that's the level of control you can & should reach to

Two Arabian stallions and the one I am leading has only a halter on his head no bit or even a rope

Two Arabian stallions and the grey won has some sons and daughters

2 Arabian stallions, need I say more!

Water, Trailers and Starting Gates:

As I said before horses in their nature will fear anything new to them so if it's a sound, size, shape, place they see for the first time then it's completely normal if they spook and try to run away from it but when they do that they will connect between what you did and the scary thing it self and if your reaction was correct and accurate they will stop spooking and start looking at the scary thing and even try to smell it because the scary thing didn’t hurt them and your reaction when they spooked didn’t hurt them so why should they spook or bolt when the

reason for doing that is gone and that should be your goal when you deal with both types of refusal that horses do in different situations and starting gates, trailers and water swamps are not an exception so all you have to do with a new horse is let him know that this place isn’t going to hurt him and more importantly that your hand reaction isn’t going to hurt him while you are trying to make him inter or go inside that place and the same exact thing will be done with the horse who already had a bad experience with that place because it did hurt him mentally or physically or the rider's

reaction was bad and wrong when the horse refused to go in the first time he saw the place but when you deal with a horse who fears the place because it's new to him it's much easier than dealing with a horse who fears it because of the past bad experience which will take longer time and needs more experience and patience, so here are some tips I use when I want to lead a horse into a trailer or a starting gate or ride him inside the water 1- your hand reaction is the most important thing and if your accuracy isn’t good enough than all the other steps won't be as good as

they should be and when I say correct hand reaction it means how your hand reacts to the moves that the horse does with his neck before, while and after he goes in to the place you're trying to make him get used to 2- lead the horse and do the exercises I talked about in ground work until the horse becomes light and smooth in all the main important things like tight turns, moving back, desensitizing and after that you can start leading him to the place you want him to get used to and never before otherwise you won't get a good result because any horse that refuses to go inside a

place you want him to go in is simply not ready which means he needs more leading for sure 3- when you lead him to the scary place don't try to go in immediately try to give him some time to think and explore the place and smell it as much as he wants 4- don't pull him in to the place try changing his direction instead so if you are moving directly into the gate and he stops try moving right or left and when he moves go towards the gate again then repeat and if that was not enough try turning him in tight circles until he moves then move towards the gate again and you can

even move him back then move forward again and the idea behind all that is that you want the horse to know that you're not going to pull him when he pulls back but you will control his balance & direction instead which will make him stop pulling back with time and follow you 5- if it's a starting gate it would be much easier because you can keep changing his direction and as soon as he starts following you and stops pulling back you will move directly to the closest gate to you while in the case of a trailer you only have one gate so it's going to take a longer time and when you go

inside the trailer and the horse stops at the gate you won't be able to change his direction because of the small space inside the trailer and I don’t want anyone to push or whip the horse from behind so what I will do is give him some time to think and smell the floor and even move back if he wants then i will start pulling him in gently and as soon as he pulls back I will let the rein slip or slide from my hands then repeat until he knows that am not going to use force at all and as soon as he goes in I like to touch his neck, nose and forehead as much as I can and reward him with some

sugar cubes or oats or dates then move him back and repeat the same process until he's totally relaxed and comfortable while going in and out from the trailer 6- if you want a faster result you can use 3 fences when the horse stops after reaching the gate one behind him and two on the sides then let someone move them closer to the horse without touching him with it and the closer the horse gets to you the closer the fences should be to him until he goes in and with time you can stop using the fences and the idea of using the fences is to let the horse choose to be closer to me instead of

being closer to the fence but it's not like pushing him or whipping him from behind because when it's just a fence the horse will not try to fight it back as much as he would with someone pushing or whipping him from behind because the fence is not forcing the horse to move it's just confusing the horse and if he decides to kick it or push it back it won't fight him back and that's what you want in this case (not forcing- not pushing- just confusing and distracting) and that will make him choose to move forward instead of you forcing him to do it which makes a very big difference

especially to him even if you think that there is no real difference 7- always try to use a very long rope if you can to be able to let it slide from your hand when you need to 8- never rush it otherwise you'll end up ruining what you did before 9- don't let someone else load the horse other then you especially in the first couple of weeks so that the horse won't get back to refusing to move in 10- in the case of a starting gate try to avoid moving him back after he goes in because some horses take it as a habit and could move back even after they go in and you don't want that before the race

so let him know that the only way to get out after getting in is from the front door and not by moving back but that doesn't mean that you will let him pull you forward as soon as he goes in but as long as he stops smoothly don't move him back unless you really have to 11- in the case of riding him inside water you have to or should lead him inside it first and when he goes in and you can stop him and move him back and control his direction smoothly before, while and after he goes into the water you can start doing the same thing while riding him and you will do the same exact thing you did

when you wanted him to go inside the starting gate or the trailer (no pulling- long rope- let the rope slide or slip when he pulls- change the direction if he stops- reward him when he goes in) 12- when I say change the direction I mean change it while trying to move him forward so as soon as he moves forward stop changing the direction and lead him straight forward to the place you want him to go into otherwise he won't move forward at all 13- the same exact thing goes for other scary or new places like stalls, dark rooms, paddocks, mud and so on.

The body's position while riding:

As I said before how you do it and why you do it is more important than just doing it and that goes for almost everything in horsemanship so why did you choose that position and what happened after you did it will decide if it's a correct position or a wrong one and here are some quick points 1- if you don’t know why you're doing it then you're not doing it right even if it's a correct position because not understanding the reason behind it means you will not do it accurately and accuracy & timing are the most important things in horsemanship so always

try to understand before just doing it 2- a correct riding position or seat can be different from one way to another so what is considered correct in some ways could be very wrong in others even if all of them are considered correct or right ways of riding 3- a straight back is usually used in most of the correct ways of riding because moving the back forward isn't comfortable for the rider and it won't give him a chance to control the horse by using his body movement or his legs and moving it back more than you should proves that the rider is using strength and pulling on the bit

which means that the horse's mouth or neck isn't light enough and that means he's trained in a bad way while keeping your back straight allows you to feel the horse's movement with your entire body and it proves how light the horse is in responding to your hands

4- moving the back forward or backwards temporarily doesn't count as a mistake as long as you do it for a reason like when you move forward with the horse when he jumps or moves up on a hill or when you move it backwards when he moves down from a hill or after he jumps the fence and heads down to

the ground or when you move you're back forward to gallop him faster like what jockeys do in flat racing 5- keeping it straight doesn’t mean overdoing it like some riders do which looks funny, so it should be done naturally and you can change it a little bit depending on the horse's neck position and the closest description for it is that you will be sitting in a way that is very similar to the position you will naturally do when you ride bareback which is the naturel position for the body so if we can imagine that the horse disappeared suddenly the rider will fall on the

ground with his feet touching the ground first and not his knees or butt 6- the hands position is very important too so it shouldn't be very high which will confuse the horse and make him move his head up which will make him move or run in an unbalanced way and doesn't allow him to look clearly to what's in front of him which could result in hurting his hands (front legs) if one of them hit the other while cantering or even galloping, moving the hands too low is wrong also because it will move your shoulders down which means your back will be bent forward which is wrong as I

said before even though lowering the hands is usually better than moving them up but they should be in the middle most of the time and if the horse moves his head up they will be lowered a little bit while if he moves his head down more than he should they will be moved a little bit higher and as soon as the horse moves with a normal neck position the hands should be in the middle 7- the reins should be balanced from both sides so you shouldn’t use one side more than the other or without balancing the other no matter what type of riding you're riding with 8- the legs should be

loose as much as you can as long as the horse is relaxed but when he collects his body you will collect your legs like when he halts in some cases or when he collects his body more than he should for a reason or another but as soon as he stops doing that you will get back to loose legs immediately even when you ride bareback and any rider who keeps himself on the horse's back by using his legs and collecting them on the horse's back more than he should is doing it wrong because it means that he's trying to force himself on the horses back by using his muscles which will not work on

the long term and the horse will keep trying to get rid of him and it's a confusing thing for the horse because he doesn’t like anything tied to his body by nature just like when he bucks when you saddle him for the first time, so loose legs are a real proof that you're not using your muscles to stay on the horse's back (you don’t hold your self on top of the horse you make the horse hold you on top of him) and that will never happen unless you totally control him by gaining his trust which will make him move in a balanced way and feel that you are a piece of him and that makes it

much easier to stay on his back without having to use your legs or body a lot 9- the foot position is important if you're riding with a saddle, so fingers up, heels down and a big heel in the bottom of the boot are the most important things to prevent the foot from slipping into the stirrup 10- looking forward when you ride helps you to keep your body in the right position much easier especially with the beginners 11- the length of the rein doesn’t decide how good your way of riding is, so riding with a loose rein isn’t always correct or better and riding with what we call short contact

(bent neck with a short rein) isn't always correct or better so it depends on how and why you do it more than just doing it so you cannot compare between a good western rider who rides his horse with a very loose rein but totally controls him and a bad rider who rides with a loose rein without real control, the same goes for other ways of riding too and when you compare between too good riders who ride in different riding styles than every style is better at something so none of them is wrong and none of them is always better, so the length doesn't matter

Holding the reins :

The way you should hold the rein while riding or even the rope while leading the horse might change from one way or style of riding to another or even from one person to another or from one horse to another and here are some of the ways you can hold the reins with 1- holding it with both hands by holding each side with one hand or you hold the right side with your right hand and hold the left side with your right thumb and hold the left side with your left hand and the right side with your left thumb so you will end up making a circle with

the rein or you can make a circle from one side only which I personally prefer by holding the left side with my left hand and my right thumb and hold the right side with my right hand or the opposite and that's better than holding a circle or splitting the reins because it allows you to be with the horse more especially when you collect the rein after letting it slide or slip from your hand 2- holding it with one hand by putting the right side over the left side so it will look like an X then holding both of them with one hand so you will end up making a circle or you can just hold both sides with

one hand like you're holding a glass or a cup 3- holding it with both hands behind each other which is good if you want to be fast in collecting the reins when the horse gives you his neck or when you want to use the end of the reins to move him faster 4- the better your riding is the more you'll depend on your fingers instead of the hole fist 5- the thumb shouldn’t be completely up and shouldn’t be completely to the side, it should be pointing at your opposite shoulder so the right one is pointing at the left shoulder and the left one is pointing at the right one which will

allow the fists to be more flexible in my opinion 6- the way you hold the rein isn’t as important as your hand accuracy and how good your way of riding is 7- every way of holding the reins is better in some cases and worse in some other cases so it's not about what, it's about when and why you should do it 8- using gloves could interfere in the accuracy of your hands so I don’t like to use it at all unless I really have to 9- the type of reins you use could interfere in the way you choose to hold the reins with 10- if your way depends on the spurs a lot then your way of holding the rein isn’t very important

Lunging :

I personally never use lunging at all believe it or not because I simply don’t need it that’s all , as for other ways of riding they use lunging for only two main reasons in my opinion 1- bad riders use it to just tier the horse before riding him because they are not good enough to control him or fix his problems when he's full of energy 2- good riders use it as an important step of their ground work training because they want to teach the horse that they can control his speed and direction by pushing him away, changing his direction and stopping

him easily and they can do it for other reasons too like tiring him or teaching him to change the leading hand and so on , so they both do it for many different reasons but they both cannot stop doing it before riding the horse because they know that it's going to be hard to control the horse when he's full of energy so you will hear lots of excuses but most of them are the complete opposite of the truth, so it's not done for the horse it's done for the rider and that's a fact even if most riders do not admit, as for me personally I never lunge the horse because I want him to understand

that he should never run away from me even when I am pushing him away and that will never happen unless he really trusts you and I don't need to tire the horse before riding him because a well-trained horse doesn't need to be tired so you can control him and when it comes for controlling his speed & direction and making him respect your space I do all that with ground work exercises like tight turns & circles, moving back and desensitizing so there is no need for lunging the horse and I am talking about a fact that I did and saw with my own eyes with many horses so

it's not just an opinion or something I expect or imagine and many horses I trained or started (broke) can be ridden after a very long rest without having to lunge them at all to a point that I ride a horse who had 2 or 3 or 6 months rest in a small paddock without having to lunge him before the ride I just lead him a little bit and do some ground work then jump on his back and start riding him normally like he was ridden yesterday and that is almost impossible to achieve if the horse is trained in a bad way or even in the other correct ways of riding who cannot get rid of lunging at all.

Respecting your space :

The horse must always respect your space which is the distance between you and him both in leading and when you deal with him in the paddock with your body language but that doesn’t mean you must bully the horse or even lunge him as I said before because if you can simply move the horse back whenever you want smoothly then that means he respects your space and accepts you as the leader because it is impossible to move the horse back easily when he's too pushy and doesn’t respect your space which is a sign of bad training.

Moving up & down while trotting :

When you over do something or do it more than you should it becomes bad or wrong and even ugly especially when it's not a correct thing to do in the first place and moving up & down when you trot the horse is one of these things in my opinion because it proves that you're not connected to the horse's movement that’s why you see that most good riders don’t do it when they trot or at least they never overdo it or do it more than they should because it's confusing for the horse and separates your movement from his movement and

that’s the truth that every good rider knows but the ones who do it will never admit it and will say it's actually better for the horse and more comfortable on his back which is simply not true because if you ask them how is it more comfortable ? like how is it physically more comfortable ? explain to me ? they would say that if you move your butt up the pressure of your weight won't be directly on his back ! ok how did I move the pressure away ? by moving up ! how did I do that ? you put your weight on the stirrups ! exactly *_* so your entire weight is pushing the saddle down on the

horse's back so the pressure didn’t go anywhere it's still there that’s one and two if standing up is more comfortable on his back why don’t you stay up then ? why do they set than stand then repeat ? they will say we are trying to keep up with his movement ! I would say that’s not true because the good riders who ride in a much better way never do the same even though they are connected to the horse more than you and they know how to keep up with his movement more than you but still they never move up and down they stay up like jockeys or the stay down like

dressage riders or some western riders for example ! so here is why they do it in my opinion , as a bad rider who doesn’t ride the horse in a correct way you will not be able to trot the horse in a balanced collected smooth way so he will be all over the place with random speed ,directions and speed pace which will make it much harder to stay on his back while trotting and if you just stand up it's not comfortable for you and you will lose your balance the same thing will happen if you just set down on his back so you keep moving up and down to keep your balance on him

that’s all but as I said before it's hard to admit that so they find excuses for doing it and what's a better excuse than saying it's good or more comfortable to the horse ? so the bottom line is that moving up & down isn’t more comfortable for the horse and it has nothing to do with connection it's simply a proof to how bad your riding is that’s all, as for me personally I ride bare back so usually I will use my thighs not my legs to stay on his back so the pressure will be on the sides of his back not directly on his spine which is very hard to do in the beginning especially in fast trot that’s why you

see most beginners or bad riders hate trotting especially bareback because it's very hard and uncomfortable when you're not a good rider that’s why it's the best way to develop your riding much faster and learn the natural balance on the horse's back, so yeah stop moving up and down like an idiot and learn the natural balance instead of looking for lame excuses that are simply not true and you know it.

Depending on the equipment :

Read this very carefully and try to see if it's true or not by seeing it with your own eyes just to make sure , most ways of riding these days including the very good ones totally depend on some equipment or tools to a point that they cannot use their style or way if they had to get rid of some tools which means that their way of riding isn’t going to be useful or helpful for you if you're not going to use their equipment & tools, so a lot of ways of riding will vanish if they stopped using spurs and a lot will completely change if they stopped lunging the horse and

most ways of riding will completely change if they stopped using the saddle while in this way of riding you don’t depend on the tools in the first place so it will never change no matter what and that’s why it's more natural in my opinion and it's the closest way to the old Arabian style of riding in the past.

It's all about the hand's accuracy

not the tools or the equipment

The difference between not using the tools and using them temporarily :

Not using the tools means that your way of riding doesn’t depend on the tools in the first place and you can't compare that to the ways of riding that use spurs, martingale, saddle, whip and lunging then after they train the horse with all these tools they stop using them temporarily for a video or a show, so not using tools means you never use anything other than the rope in leading & the bridle in riding and that’s it from the moment you start with the horse until you gallop him and most ways

of riding didn’t, aren’t and wouldn’t be able to do that without having to change their entire way of riding because the tools are a main part in their way of riding while in this way of riding you don’t use the tools anyway so the way can't be affected by the equipment or the tools at all

Why are the wrong things in horsemanship aren't considered wrong anymore by lots of people these days ?

The answer is very simple in my opinion, most of the people who watch riding videos these days aren't horse owners or riders they just happen to love horses that's all so when they watch videos that have more action they enjoy them more than educational videos, so a normal person watching a video of a horse that rears up or gallops or bucks will enjoy it more than a video on how to start your horse or how to train your horse to move

back for example and with time people started to watch more videos of wrong horsemanship so it became normal and even more common than the videos that talk about the correct ways of riding horses and with time people started to consider the wrong things normal or even special because they are simply common between riders these days that's all and that's why a lot of people might think that a rider galloping on a horse or jumping a fence is actually better than a rider who can easily halt his horse from a full gallop or move him back easily or desensitize him

properly or control his directions, hindquarters and hips smoothly and that is crazy but it's common these days and you cannot deny it, I mean how many horse people these days actually believe that a rider in show jumping is much better and more talented than a rider in the Spanish riding school ? a lot ! even though it's against logic and against reality but not in the eyes of beginners or normal people who don’t own or ride horses so it's like a university for example is The Medicine College or The Engineering College better and harder or the Colleges of Geography, History, Economics? the

answer should be simple of course! now which one has more students ? exactly ! Just because more people enjoy something or accept it more doesn’t make it better especially in horsemanship, so the horse will decide what's wrong & what's right not the people or the viewers or the fans and all the correct ways of riding get a much better result than the wrong ones and can do what they do easily while the wrong ways of riding cannot achieve some of the things that the correct ways of riding achieve, so you do what I do but I cannot do everything you do so I suck and you don’t that’s all *_*

Holding the mane or the saddle when you jump on the horse's back

Lots of beginners are told to hold the horse's mane or saddle and not the reins when they want to jump on the horse's back and that's for two reasons 1- if the horse is trained in a bad way because as a beginner you will use strength more than you should when you hold the reins which is wrong because the horse might react in a crazy dangerous way like rearing up or jumping forward or bucking if he's trained in a wrong way so they tell you to just hold his mane not the reins 2- if he's trained in a good way

because he will react to the heaviness of your hands by moving back which could confuse you and him so they tell you to hold the mane or the saddle instead that's all , so the idea is wrong but it could be useful in these situations although you should stop doing it with time especially when you ride a well-trained horse because you should be able to stop the horse easily and train him to stand still when you want to jump on his back even when the reins are not fully loose and if he refused by moving forward or by moving around you then he needs more training in ground work

so it goes like this , he moves forward or rear up = you must train him to stop easily and move back to make his nick lighter, he moves left towards you to prevent you from riding him = pull his neck to the right with the right side of the rein while you are standing on his left side and that will make him stand still , he moves right and tries to push you away with his hindquarters or kick you = pull his neck left towards your chest with the left side of the rein while standing on his left side and that will make him move his hindquarters away from you and

when you do all that and he understands what you want he should stand still while you hold the reins not his mane or the saddle and jump on his back without any problem or unexpected reactions and the same goes for moving up on hills especially bareback if you lose your balance by slipping back they might tell you to hold the mane or the saddle not the reins to give the horse a chance to move up more comfortably but when your riding gets better you should be able to hold the reins with light hands instead of holding the mane or the saddle so it's all about light hands .

PPPP

Splitting foals from their mothers :

The foal or the filly will stay with the mother for a couple of months then they will be split from the mother to get used to living alone in a single paddock or stall but lots of people do it early which will affect the foal while growing up especially the condition of the bones and the legs because nothing will replace the mother's milk so if you want to buy a horse or split him/her make sure you don’t do it before the age of 7 or 6 months old and never before that, even though there are some exceptions but waiting more is always better than doing it early .

RRR

Speed & Direction :

The speed and the direction are two faces of the same coin so you cannot control one without the other and the direction is more important than the speed because you cannot control the speed for real without controlling the direction and the speed pace is a part from the speed so you should be able to control it and change it whenever you want , so for example I will canter the horse then ask him to give me a slow canter than a fast canter and so on, but when he totally understands that I like to give him the chance to choose the

pace so I trot but I let him choose the speed of the trot or I canter and I let him choose the pace of the canter because every horse will choose a different pace depending on his body conformation if you give him the chance of course and I like to do so as long as I can change it whenever I want easily & smoothly.

Desensitizing :

The idea of desensitizing is complicated in my opinion because a lot of people don’t really understand it, it's not actually about teaching the horse not to be afraid of a certain thing, it's about letting him know that you are able to stop him and control him when he spooks that’s all and there is a big difference between the two, the first means you take your time to make the horse get used to the spooky thing and after he gets used to it he won't bolt or spook from it while the second means you let the horse know that your hand reaction

when he spooked was correct and didn’t hurt him and that the spooky thing didn’t hurt him so why would he be afraid when the two reasons for spooking are completely gone (the bad wrong hand reaction & the pain of the scary spooky thing) so the difference between the two is in the moment he spooks, if he bolts then he gets used to it then he doesn’t spook that's not real trust or total control in my opinion it's just getting used to a weird thing that’s all but if you are able to control his speed & direction when he spooked to a point that he wasn’t able to bolt or buck or

change his direction even though he was really afraid then this is real trust that will lead to total control and the biggest difference here is in being able to stop him because a lot of people want to teach him to get used to a big blue sack for example and he will run and bolt for a couple of minutes then he will stop when he gets used to it but the problem is that he will connect between your hand reaction when he spooked and the scary thing it's self so if it's wrong he will keep bolting every single time he sees something new and spook from it then he will stop after he gets used to it so you didn’t

actually train him to stop spooking you trained him to keep spooking while in the right way you let him know that even when you are afraid or spooked you won't be able to bolt or buck or change your direction because I am totally controlling you by the good & correct hand reaction and that’s the real idea of desensitizing (I don’t want him to not be afraid, I want him to know that I can control him even when he is afraid, which will convince him to stop being afraid) so the bottom line is that you usually desensitize the horse in ground work because you actually

want him to know that you can control him if he spooked while you are riding that’s all, so desensitizing him in leading without being able to control him when he spooks is not correct or at least it's not real trust because it didn’t lead to real or total control which is the main goal in horsemanship (controlling the horse when there is a disagreement between you and him) so desensitizing is something and real trust is something else, the first one could be temporarily while the second one will lead to total control for sure, so it's all about your hand reaction when the horse spooks

Control them when they spook and they'll stop spooking, ask them to stop spooking and they won't stop, that's their mentality

ZZZZ

Total control while he is afraid

Same horse, same result, just a halter, no bit

AAA

(The end)

So that’s my opinion about riding horses in general and the Arabian way of riding in particular I hope you like it and find it useful.

All the things I talked about in this Book are from my personal experience with horses.

I have written the Book by myself and English is not my native language so it might not be perfect when it comes to writing skills or even grammar but I did not want anyone to write it for me because I prefer to do it myself to make sure that the information is very accurate

You can find more about my way of riding horses in my social media accounts

YouTube / Ahmad Alhuqayl

Instagram / ahmadalhuqayl

Snapchat / ahmadalhuqayl

Twitter / AAlhuqayl

Facebook / Ahmad Alhuqayl

(Riding horses / Arabian riding)

Ahmad Mohammad Othman Alhuqayl

Index:

1-Copy rights (B)

2-An introduction about the Arabian way or style of riding horses (D)

3-What is the Arabian way (E)

4-Where was it & where is it now (Q)

5-Quick point (S)

6-The current Arabian way (X)

7-My way of riding (CC)

8-Blame or complement the rider not the horse or the tools (LL)

9-It is always us not the horse (PP)

10-Hot and cold blood horses (TT)

11-Natural horsemanship (XX)

12-Neck positions (DDD)

13-Bareback riding (UUU)

14-History of saddles (BBBB)

15-Bits (MMMM)

16-Martingales (CCCCC)

17-Saddle pads (GGGGG)

18-Spurs (IIIII)

19-Whips (OOOOO)

20-Bridles & reins (WWWW)

21-Halters (DDDDDD)

22-Body language (GGGGGG)

23-Leading & ground work (JJJJJJ)

24-Riding (BBBBBB)

EEEE

25-Fixing problems or bad behaviors (RRRRRR)

26-Rearing up (VVVVVV)

27-Bucking (IIIIIIIII)

28-Changing the direction suddenly (PPPPPPPP)

29-Horses refusing to move (BBBBBB)

30-Bolting (IIIIIIIII)

31-Attacking (NNNNNN)

32-Biting (WWWW)

33-Stallions (EEEEEEEE)

34-Water, trailers & starting gates (NNNNNN)

FFFF

35-The body position while riding (AAAAAA)

36-Holding the reins (LLLLLLLLL)

37-Lunging (QQQQQQ)

38-Respecting your space (UUUUUU)

39-Moving up & down while trotting (WWWW)

40-Depending on the equipment or the tools (CCCCCCCC)

41-The difference between not using tools and using them temporarily (EEEEEEEE)

42-Why most of the wrong things in horsemanship aren't considered wrong any more (GGGGGG)

43-Holding the mane or the saddle when you jump on the horse's back (LLLLLLLLL)

44-Splitting foals from their mothers (QQQQQQ)

45-Speed & Direction (SSSSSSSS)

46-Desensitizing, Total control & Real Trust (UUUUUU)

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Riding Horses

Arabian Riding

Ahmad Mohammad Othman Alhuqayl

The Arabian way of Riding Horses

MM

If you did read the book until you reached this page then thank you very much I really hope that you like it and find it useful and you can check my other book

(Desert Bred Arabians)